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American Cookery

FORMERLY

The Boston Cooking-School Magazine

OF

Culinary Science and Domestic Economics

VOLUME XXIII

JUNE–JULY, 1918—MAY, 1919



PUBLISHED BY
THE BOSTON COOKING-SCHOOL MAGAZINE COMPANY
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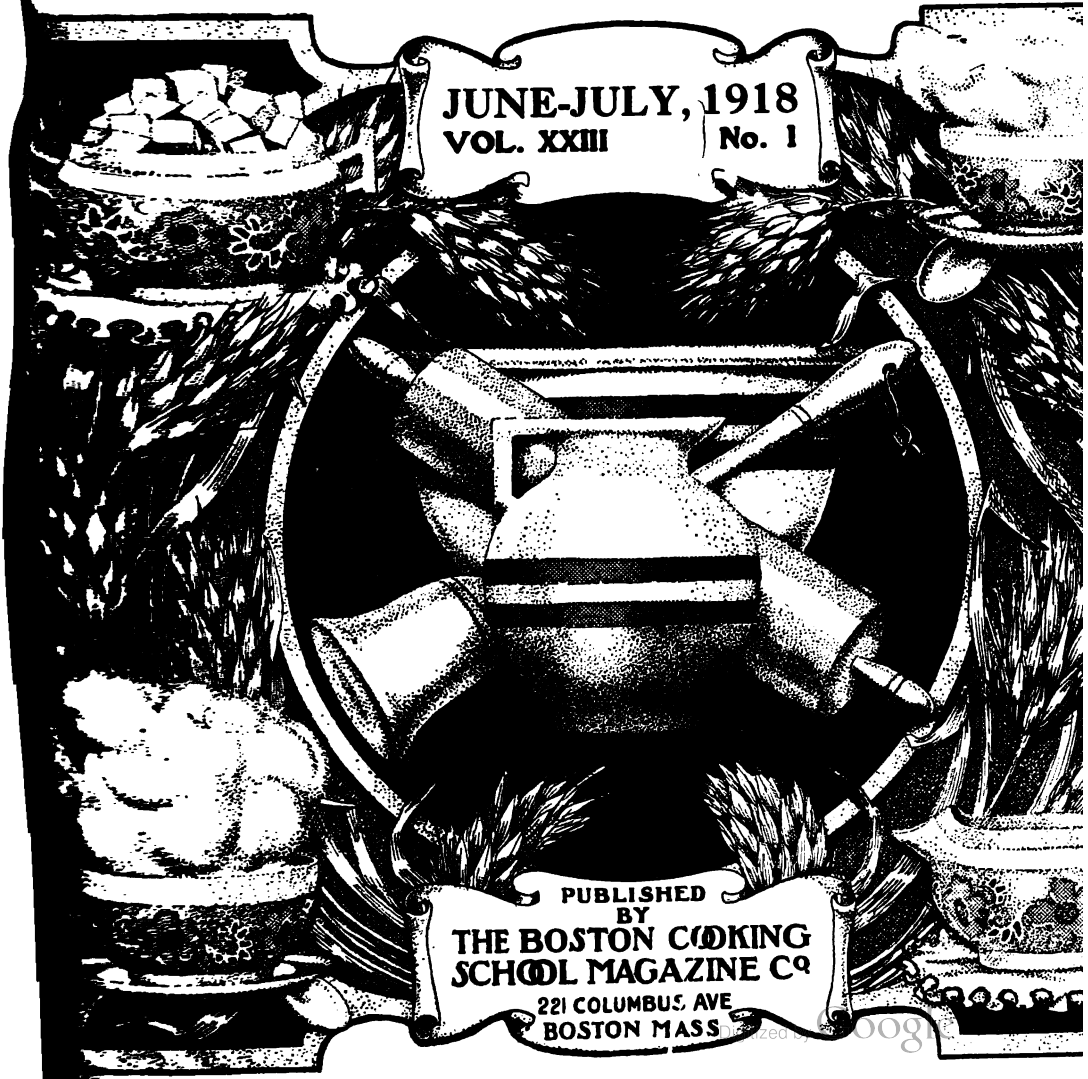
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AMERICAN COOKERY

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Mrs. Rorer's Summer Helps

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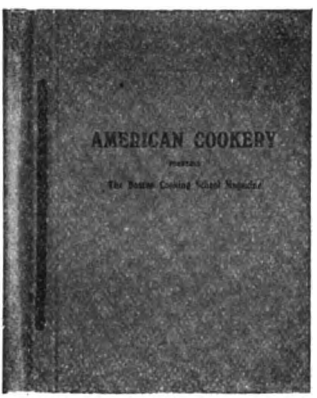
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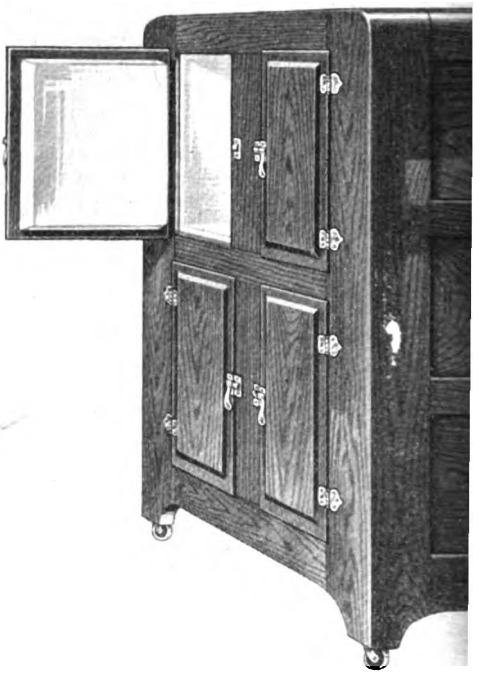
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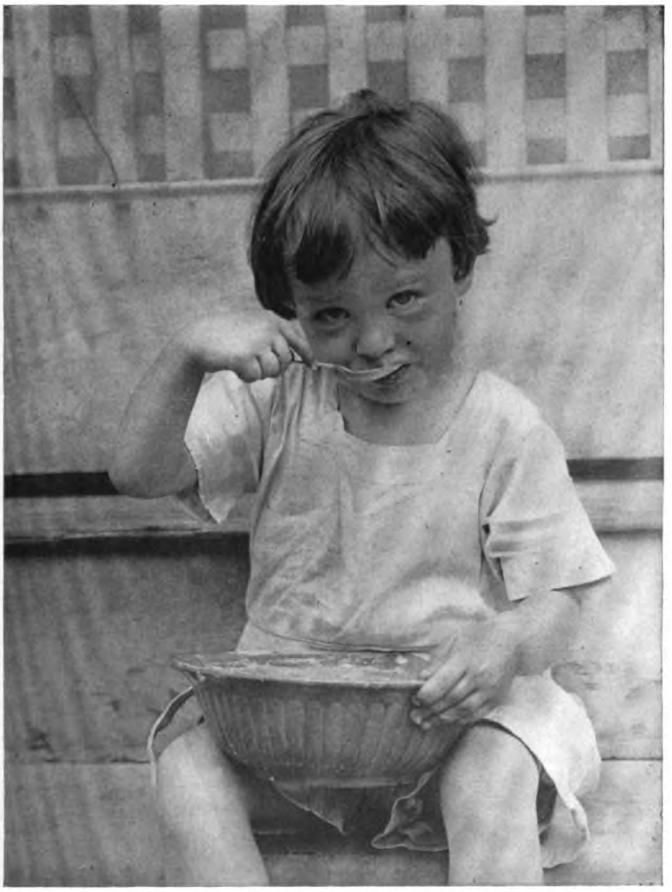


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HOTEL DE LA RESERVE ON THE CORNCHE ROAD

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American Cookery

VOL. XXIII JUNE-JULY, 1918 No. 1

French Food With a Southern Accent

Marseilles and Its Specious Variety of Restaurants

New Variations of Sea Food

Cuisine
à la broche
à l'huile
à la casserole

By Blanche McManus

THE best food I have eaten in France has been here in the restaurants of Marseilles, though it is not at all like the French food we hear about at home." So said one of our American soldier boys who has been doing his bit and his bite, as he expressed it, in most parts of *la belle France*, the land of good cooks as well as the land of good soldiers.

I suspect that, when our boys come marching home with glory, they will be experts not only in the arts of war as practiced in France, but also in the art of French cookery, and would be glad to have again some of their favorite dishes *à la Française*. These lines will suggest what the food of the *Midi* of France is, called "the best in the country" by the authority above quoted.

The great distinction of Marseilles, next to being the chief port of the Mediterranean, and the second city of France, is its restaurants. They are worthy a visit, for their boards are spread with an abundance and a variety not otherwise known in culinary circles. Largely this is because of their vari-colored, sea-food specialties, though their menus are full of novelties, from soup to nuts.

The restaurants with world-wide reputations are grouped around the "Old Port," where Dumas' hero, Edmond Dantes, first put foot on shore, as he landed, in the first chapters of Monte Cristo — and there are reminiscences of him hereabouts today, legendary though some of them doubtless are. The most characterful of all is Pascal's.

It was to Pascal's that I took my American for his first taste of Marseilles restaurants. Here I chaperoned him through the mazes of a Marseilles menu. To reach it you cross queer little canals and drawbridges, and wend your way along quays piled high with merchandise of many kinds, unladen from the quaint craft of the Old Port, ranging from lateen-sailed fishing boats to camouflaged tramp steamers. All the cosmopolitan Mediterranean people these quays — Greeks, Moroccans, Arabs, Maltese and Corsicans, as well as the uniforms of all the allied soldiery in Europe. Pascal's has a reputation almost as old as that of Marseilles, though the latter goes back to the Phœnicians. It is housed on the ground floor of an ancient stone building, which was old before the Revolution began, which made France the Republic that it is today. Its vaulted roofs and deep cellars one day gave shelter to

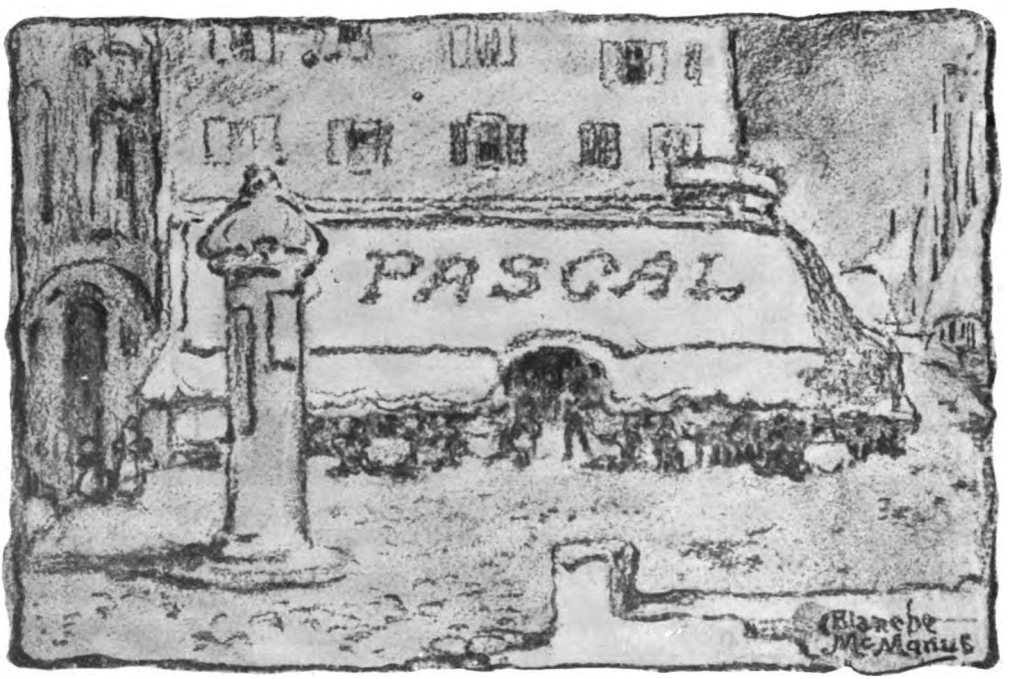
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smuggler bands, perhaps pirates; indeed, it is one of the legends of Pascal's that this is so.

In pleasant French fashion one may dine out of doors, and this even in winter, in this sunny land. If it rains, the big "store," or tent, comes down to the railing that cuts off the terrace from the street, and if there is the chill of a mistral, or north wind, in the air, a great brazier heats up all out-doors. Such are some of the unique features of Pascal's, which others have tried in vain to copy with success.

The first act of the mondain comedy is to pay a visit to the kitchens, though they are very real, and have no trick scenery about them. They do not need it,—they are picturesque enough in themselves. The *cuisine* is a great vaulted room with walls a couple of yards thick — a veritable bomb-proof shelter, had Marseilles to suffer from such things as Paris is suffering these days. Here in the great hooded fireplace, roasts and fowls and "little birds" are cooked to perfection on the old-fashioned clock-turned *broche*, or spit, the fire being usually a braize of old grape-vine stems, which give a peculiar and altogether appealing perfume to the cookery; considered, also, the best possible, because of its rapid and easily kept up brilliant glow that lights the whole place like a bonfire.

"We are in luck," I said to my young friend from America. "This being Friday, you may have codfish cooked in almost any fashion." It is curious how all the Mediterranean peoples love codfish, both salted and fresh. It is a staple on the menus. The grocers keep it in barrels before their doors ready for immediate use; sometimes, too, it floats around in luxurious marble tanks; also it is relatively high-priced, as compared with that at home. Here in France it is cooked in a dozen different ways, all of them good. It is most delicately prepared, as a cold dish — *brandade*, with a foundation of mayonaise of olive oil of the virgin forests of *olitiers* of Provence, plentifully in-



PASCAL'S

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terspersed with pips of garlic, which have been bruised and mixed in a big stone, or marble, mortar, pounded with a pestle with a handle as long as that of a broom. It is thus worked up into a paste, which is almost white and almost of the consistency of putty.

Into this mayonnaise is stirred the finely shredded, boiled codfish, which, in turn, is patted out or kneaded on a long shallow platter, on which it is served. In its more dressy form it is sprinkled with the choicest varieties of hard, black truffles, another specialty of Old Provence; these are sliced thin, and, at once, you have the chic and fashionable black and white color-scheme, which is the vogue of the times in all things. It may be garnished with minced, hard-boiled eggs and green herbs, making a variation in the color-scheme that approaches the compositions of the cubists, which the *chef* is not, though he is an artist.

There is also *morue, sauté aux olives*, which is codfish cut into tiny cubes and cooked by simmering in an earthen casserole, with a liberal addition of olive oil highly seasoned with aromatic herbs. It makes an ideal entrée, with a baked potato as a side partner, or perhaps a *patate*, which is the nearest thing to our sweet potato, and which is seldom seen in France except in these parts.

Another specialty is a cod *ragout*, stewed up with young burr-artichokes, which thrown into the skillet and cooked to tenderness can be eaten entire. Cod steak fried in olive oil, with a sauce of much pepper and fresh tomatoes, is perhaps the art of bringing this popular fish to the highest degree of culinary perfection. I say fresh tomatoes, because the dried variety is much used here in the south in the form of a paste, which is prepared simply by passing the pulp through a collander and drying it out afterwards in the hot sun of the southland, then to be stored away in crocks to be used as wanted. Tomato sauce, as such, is almost unknown, and is never seen as a condiment.



MAKING AIOLI

The most popular form of codfish repast is that which is eaten in conjunction with *aioli*, the classic sauce of Provençal France. It is the conventional Friday dish on tables of all ranks — just plain, boiled cod with a copious dish of garlic-mayonnaise with boiled potatoes and boiled carrots on the side. The pungent, powerful odor of the *aioli*, which is simply essence of garlic arrived at in the same mortar and pestle fills the streets of all the southland around midday. As my American said: "It will swamp German mustard gas, if they could only get it on the front." But we all learn to eat and to love it, regardless of its effect on the olfactory nerves of newcomers, though one should really retire into seclusion for the round of the clock, after eating it. French boiled cod with a *sauce bechamel*, the traditional white sauce of the classic French *chef*, is constantly on the menus,

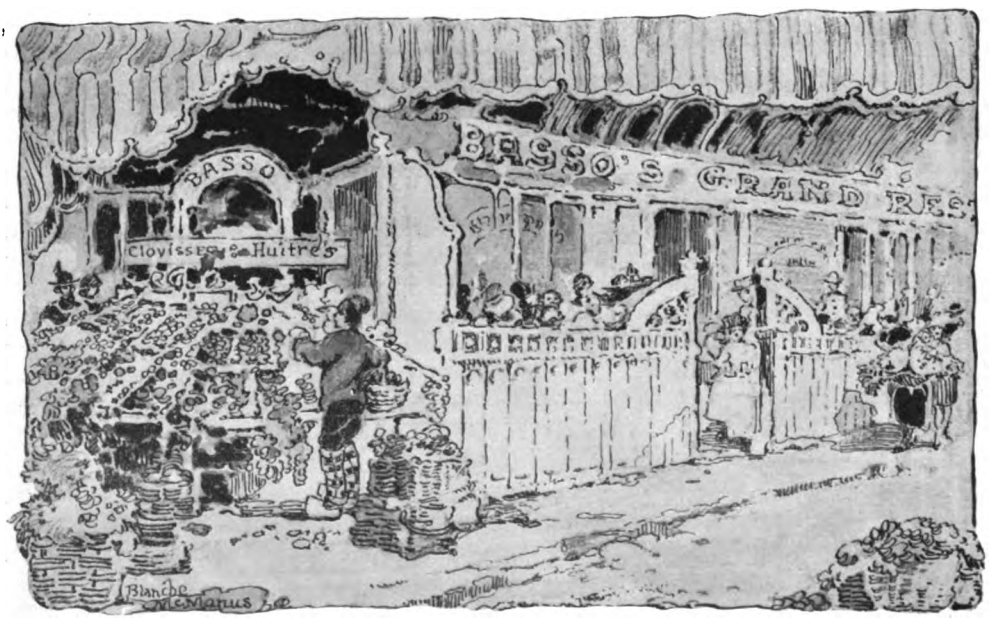
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even in competition with the numerous members of the finny tribes of the fresh fish of the Mediterranean, which run all the way from sole to sea bass.

The fowl par excellence of southern France is the *pintard*, merely the guinea-hen. As one gets it at Pascal's, cooked on the *broche*, it is what the French call a *rêve*, which is something far different from a nightmare. I believe it is coming, also, into deserved favor in America. I consider it far superior in flavor to the much reputed pheasant. The *Midi* chefs never stuff it; indeed, they rarely stuff any fowl, and they cook it, head and legs, and serve it garnished with croutons and perhaps a *purée* of chestnuts, usually, also, with the accompaniment of an *escarolle* salad. There is, also, a sort of wild duck, known as a *becasse*, rather strong because it feeds on the fish of the lagoons, but succulent withal. The *marcassin* is a young wild boar, to go from fowls to animals, and mentioned here because they are often confused by those not in the know.

The southern "game-bird" that the *bon provencal* adores more than all others is the tiny *grive* — call it a thrush, though it is a bit different — which is the crowning delicacy of all southern French repasts. A récherché Marseilles dejeuner starts with a *bouillabaisse* and finishes, for its solid *plats*, with the *grive*, called vaguely *petits oiseaux*, for they are usually served in pairs. The process of cooking them is seen at its best at Pascal's, their heads bobbing pathetically as they slowly revolve on the spit; pathetic it is, too, to see these, and other, song birds devoured by the gourmet as they are, — more pathetic even to know that they are trapped in their nests at night. There is no bigger game hunted just now, save on the fighting front.

The bouillabaisse of Marseilles would need a book to do it justice. It is better in the restaurants than elsewhere, indeed, it forms the corner stone of their attractions. I introduced the American to it at Basso's, though Pascal does it equally well. It is, however, the vogue to go to Basso's and eat it on the gallery overlooking the newly named Quai des Belges, fronting the Vieux Port, with its ships of many seas. There are others



BASSO'S GRAND RESTAURANT

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which go to form a battery of restaurants on the quay, but Basso's takes the palm, with its festoon of fish-stalls and oyster counters and dining rooms hung, perilously, like the Hanging Gardens of Babylon.

Here is the most amusing outlook in all Marseilles, an admirable interlude to introduce into the middle of a meal. It is a sort of glorified fish-market restaurant, which has extended itself into a feeding place for sea-food specialties almost exclusively. There are three stories of luxuriously appointed dining rooms, with paintings of the Mediterranean sea and shores decorating the walls, and with much glass and gilding. One may eat even on the sidewalk with only a paling like that around a New England garden between one and the hurrying crowd and fakirs, who will reach over and offer their wares, which run all the way from Teddy bears to picture post cards, seashells and monkeys from Ceuta on the African Coast.

Before one tackles the bouillabaisse, one dips into the *coquillages*, or shellfish, which are numerous and varied, and form the *hors d'œuvre* of the midday repast of the Marseillais. These are edible curiosities, somewhat resembling our clams and oysters, but largely they are of the nature of mussels and grubby things, which live in palmers' shells, all tasting salt as of the sea, and some having a peculiar aroma of their own, which has to be experimented with before one decides as to whether they are likeable or not. My American told me that people at home were beginning to acquire a taste for *moules*, or mussels, though I did not know this. *Violette de mer* is the peculiar name of another of these sea-food specialties, which my friend said looked like a trench grenade, only it was pulpy. They are extremely mushy, and not at all to the taste of Americans. The *oursins*, or pincushions of the sea, are better, but there is little to eat inside them to warrant the trouble of opening with a miniature pair of scissors. The *crevettes*, or prawns, brought across the Mediterranean from the Lake of Tunis, are better and are much like those of Barataria in Louisiana. Here they are eaten raw, or rather plain boiled, and are not worked up into a salad, as they might be, for they are fat and luscious. Of oysters there is much to be said. Here they are of two varieties, which are all that need to answer to the roll-call — the Portugaise, rough and big and coppery, and the Marennes, rather finer in texture and more expensive. There is no cocktail served with them, and they are never cooked, nor served as a garnish for other dishes, save, perhaps, that they will be cut up, in the absence of mussels, and poured over a fileted sole.

Basso's and the others of the Old Port battery of restaurants display all these wares on stalls out in the open, and one may choose the variety, or the size, of the particular breed he may wish cooked and served. The openers and the fishmonger experts will discuss your choice with you like a fitter in a dressmaker's before the waiter carries off your fish to the cook. It is all very ceremonious, though happy-go-lucky and familiar, at the same time. And it takes time to carry the operation through to the end; nothing is hurried, nothing is left to chance.

I told my American he would either love or hate *bouillabaisse*, as he would the black olives, the raw burr-artichokes and preserved tunny fish. I have known Americans to eat *bouillabaisse* every day for luncheon for weeks on end, as I have known others who, at the mere sight and smell of it, would turn as yellow as its saffron sauce.

The receipt is not complicated, but you must have the specious Mediterranean fish to have the real flavor. First, the various sorts of fish of its composition are boiled, and their juice used as a base for the sauce, which has added to it onions, smelly herbs — thyme and bay leaves, made hot with red pepper and colored generously with saffron, the latter

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The American Bean Helping to Win the War

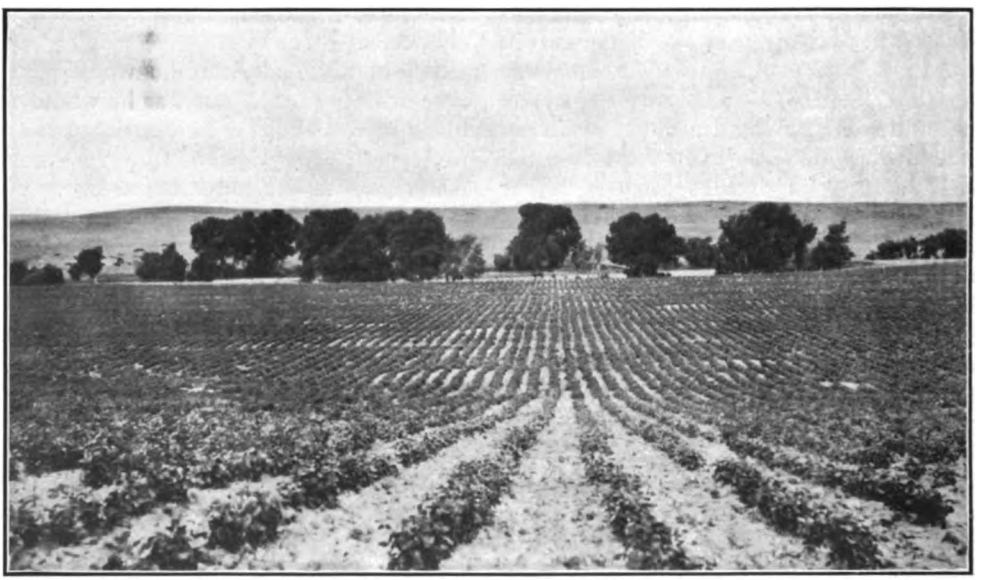
By Robert H. Moulton

THE humble bean is helping to win the war. But the bean is no longer cheap. For planting, they cost the farmer this season from $10 to $12 a bushel. The food price at retail is considerably higher. Therefore, it becomes no man to refer irreverently to the bean, whether it be red, white, black or mottled, or whether it be baked, boiled or made into soup.

The exigencies of the war have brought into prominence a comparatively obscure type of bean — pintos, dry-land grown. They are becoming known. They are gaining a reputation. The war is making them, and they are now being grown where none were grown before. Colorado had 35,000 acres of pintos in 1916. Last year she harvested 175,000 acres, an increase of 500 per cent. New Mexico, long the home of the pinto bean, has 300,000 acres, an increase of about 600 per cent over last year, while western Kansas, Nebraska and Wyoming together cultivated some 25,000 acres of what was practically a new crop for these states.

A total of 500,000 acres for six states is rather a remarkable showing, in view of the fact that this is a new country, and that the beans were raised by inexperienced growers, many of them bankers, school teachers, business men, railroad men. These growers are well satisfied with their efforts, for prices are good, and they have the satisfaction of knowing that they have brought to successful harvest a great food crop, raised under semi-arid conditions, where navies and other varieties of beans will not flourish. What is of equal importance, it means a big addition to the food supplies of the United States and its allies, for these beans are not perishable, are easily stored and handled, are very nutritious, and form a highly concentrated and valuable food for the use of the army.

Early threshing returns in the Southwest, this season, indicated a yield in the neighborhood of 400 pounds per acre



VIEW OF A FIELD OF PINTO BEANS

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on dry land, or a total of approximately 200,000,000 pounds in the six states referred to. A careful survey of production along the Burlington line in this section shows that fully 3,000 carloads will be shipped to market. That this enormous production will be utilized is certain, since the pinto has been officially recognized by the War and Navy Departments. In fact, it has been placed on an equal basis with the navy and California pink beans for army use. Only a few weeks ago the Food Commission placed an order for 720,000 pounds of Colorado pintos at 7¾ cents a pound. This is a good start, but compared with other food products pintos are cheap at this figure.

In the past the pinto has been unjustly discriminated against, and it has not had a fair chance to climb to the place it deserves as a food product. Its origin is obscure, and its name has been against it, the word pinto meaning "spotted." Because of its color and markings it has always sold on the market at a less price than white beans. Yet its type is as well fixed as the navy bean, and it breeds true to type. When baked, the spots vanish, and the bean turns a beautiful brown, while in nutriment, flavor and palatableness it is without a superior. The trouble would seem to be all kinds of nondescript beans — yellow, red, brown, black, pink — have been sold as pintos, and the majority of people do not know that this bean is an established variety of great merit. The true pinto is slightly larger than the navy bean, being about the same size and shape as the kidney bean, with a buff-colored body splashed with dark brown flecks.

While a staple product of the Southwest, the pinto bean is practically unknown in the North and East, where the navy bean has been the popular favorite. Yet, according to the Colorado Experiment Station, in food value it is practically identical with the navy, but being more tender in flesh it cooks more easily. Chemical analysis shows that in the total calories, or fuel value per pound, the pinto exceeds other beans, having 1,695 units, compared to 1,625 for the lima and 1,605 for the navy.

The pinto, being rich in protein, is an excellent substitute for meat. A comparison of nutritive values of common foods shows one pound of pintos at twelve cents to be equal to the following:

4.4 pounds raw potatoes at 3½ cents per pound = 15.44 cents.

1.63 pounds sirloin steak at 30 cents per pound = 45.64 cents.

2.01 pounds round steak at 23 cents per pound = 46.23 cents.

18.6 pounds eggs at 35 cents per doz. = 54.25 cents.

5.2 pounds (5 pints) milk at 5 cents per pint = 25 cents.

Grown on the great sun-flooded plains of the West, and drawing its moisture and plant food from far below the surface of virgin soil, the pinto obtains a natural flavor unsurpassed by any other bean. To get the best out of it, however, it needs to be thoroughly cooked. It is an especially good baking bean. For an ordinary meal two cups of pintos should be soaked overnight. In the morning drain, add fresh water to cover and one-half teaspoonful of soda, and then put on to boil. As soon as they come to a boil, drain and pour cold water over them, rinsing thoroughly. This gives them a firmness that keeps them from getting mushy. Lay a thin slice of pork or bacon in the bottom of a pan, or baking dish, cut up a small onion fine, add this to the beans, and pour all into the pan or dish. Next take a few more slices of pork or bacon and press them down into the beans, adding a little salt, a pinch of ground mustard and a tablespoonful of molasses. Finally cover with water, set in a slow oven and bake from six to eight hours. As the water boils out, add more, being sure that it is boiling water, since cold water added retards the cooking and toughens the beans. When thoroughly cooked they will mash at the slightest touch, being a beautiful brown, moist and tender.

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Blueberry Heights

By Mary L. Gordon

SOMETIME in July, after the excitement of the Fourth has passed, you will meet, on our country roads, teams of various description, suggesting, by sundry baskets, pails, and bags of hay, a mobilization of some sort, industrial or pleasure-seeking. A team, it should be explained, means in New England anything from a one-horse buggy to a four-in-hand, and in this connection will, more often than not, consist of one horse and a two-seated surrey, or beach wagon.

Passing these leisurely travelers with friendly nods and greetings, come automobiles frequently "manned" entirely by women, but bound apparently on similar errands, or possibly pursuing the same business on more extended lines. For our remotest wilds are no longer safe from the ubiquitous motor car that brings distant mountain summits within the limit of a day's excursion. However diverse their points of destination, the object of all these parties is the same. They are going blueberrying.

For more than a week blueberries have been ripe along the railroad track among the wild strawberries, and by degrees the pine plains, far and wide, especially on recent "cuts" or "burns," the shores of isolated little ponds, the gravelly, rock-strewn gashes, where road material has been taken out, offer tempting fields to the picker. Best of all is that rounded hill rising some six hundred feet south of the railroad, a short half-mile or so away.

It is high noon of a hot July day. Above our heads arches a sky of intense, illimitable blue, — blue that is neither cobalt nor sapphire nor turquoise, but a blending and fusing of all three in a living blue beyond translation into words, still more beyond the painter's brush. In place of that deep, or rather lofty dome of the semi-tropics, our northern landscape has a shallow dome, which varies in apparent height from time to time. A sun of tropical ardor pours without stint its rays of heat and light upon the world of nature that accepts so gratefully, and on the world of men that so often turns an ungracious back, closing blinds and drawing down window shades against the heavenly messenger. Every feature of the landscape wears a smile today, from tiny blade of grass to mountain ledge, blinking and quivering in the dazzle, reflecting light and heat with all its joyful might. Sand bank and road are shimmering yellow-white, gold ochre, indescribable tones, while even the tarvia highway forgets, in a measure, its doleful hideousness. Greens everywhere are jubilant; bluish and silver of white pine, duller green of red pine, yellow-green of pitch pine, emerald of lawn and field and intervale, dignified green of elm and maple, locust and ash, daring green of white birch, subtle green of poplar, greens of every class and order proclaim the glad news of summer.

In shady levels of the first rise, as well as in the little grove beside the track, horses stand hitched among the trees, contentedly eating hay, or munching oats from a feed-bag. They are staid family roadsters, well past their flighty youth. Under the wagon seats ten-quart pails, and big baskets with white cloth tied securely over the top, testify to the success of a forenoon's picking. On a little ledge farther up an elderly couple are eating lunch; evidently this is a holiday for them, a respite from the dull monotony of the small farm.

Those two white-haired men, bending industriously over their work, are clergymen enjoying the physical effort after labors mental and spiritual. Just beyond them we pass two pianists and an artist

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from the city, who take recreation in this form. The majority, however, are picking berries for profit rather than pastime, as good fruit commands a sure market, both at home and in nearby cities. Some pick directly into baskets, which are packed in crates and carried down all ready for shipping, thus saving both time and waste of fruit by handling.

But the blueberry itself is of vastly more significance than the manner of its gathering. Gray's Botany defines the whortleberry family as — "known by having the tube of the calyx adherent to the ovary, on which the monopetalous corolla and the stamens are therefore mounted. All are shrubs, with scaly buds. Fruit a berry, or berry-like." While few, perhaps, of its countless hunters would recognize this description, or know the berry by its generic name, vaccinium, all children know at sight the low bush with its dense, small-leaved foliage, green-white flower clusters, and the summer fruit, "blue or black, with a bloom."

Like almost all the heaths the blueberry is a pioneer, loving the wild, free places of earth, bleak hillsides, lonely mountain tops, cold bogs and swampy levels, rocky pastures, clearings, burned districts of the plain. Wherever fire and the axe have laid waste, there you will find the blueberry following, as the Red Cross follows the smoke of battle, laboring with sweet fern and scrub oak to redeem the land until maple and oak, and birch and poplar, can replace the pines that went up in smoke. It is the natural agent of reclamation; a repairer of the breach; a binder up of wounds; spreading over the fields of ruin a delicate mantle of protection, veiling their desolation from sight, healing burns and bruises, dressing battle scars with aseptic covering. At the same time, from those very scars, the shrub itself draws new vigor, putting forth leaf and blossom and fruit in fresh luxuriance. For three seasons after a fire one usually finds an abundant crop of berries, — provided frosts have not killed the blossoms, then the yield diminishes, dies out.

Of our common varieties, some are black, or purplish, mistaken often for huckleberries, but the typical blueberry is of that exquisite blue, deep and vivid, yet soft, which, under various *aliases*, remains a favorite of fashion. On the plain or small hill sweet fern is an inseparable companion. One finds raspberry and blackberry friendly neighbors, also the purple flowering raspberry, with its purple-crimson petals. Dogwoods and mountain maple, striped maple and hobble-bush are interspersed with the young birch and poplar of the hill, where sad, fire-scarred pines still sway in solitary state above ledges that bear, through all vicissitude of fire and storm and passing ages, the scratchings of forgotten glaciers. Around these scattered boulders and blackened stumps you find some of the best picking, great clusters of plump berries hiding away under bushes and tall grass.

Not so many years ago this hill slope was virgin forest, pine and hardwood, with one narrow trail leading to the top, where one tied a handkerchief on the big oak at its right to make sure of finding the trail again. Now, since the lumberman passed over, followed by the inevitable fire, we face a panorama unequaled for peaceful beauty. Mountain ranges, broad intervales, winding river, for the dominant features, enhanced by lesser details of ponds and hills set down as by haphazard, to vary the flood-plain, which holds our village and neighboring settlements. A typical New England landscape, softened by tree masses of elm and maple and pine. As the eye roams over this outspreading tranquility, all aglow with sunlight; as we bask in life-giving warmth, absorbing immediately the solar energy, for which our souls and bodies have been starving through long months of cold; as we plod along at our simple task among the sweet, growing things of earth, it is difficult to believe in a world of evil and strife and misery,

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a world wherein nations are battling to the death with deadly hate or deadly fear as the motive power. Up here is "God's country" of unspoiled natural forces, a country for the soul to grow in, until it rises above material interests, sordid ambitions. As we harvest, quart by quart, the free stores of nature, we come to closer communion with Nature herself, as we do not in other ways, even in so-called "nature study."

By August mountain berries will be ripe, and, if we are so fortunate as to possess friends with motor cars, we make an excursion to that rambling, solitary height guarding, as a lone sentinel, the eastern plains. There are, you will observe, two excuses which the New Englander holds legitimate for roaming afield: "Mayflowering," and "Berrying"; for the former, the first bloom after our long and rigorous winter is its own sufficient excuse; for the latter exist reasons of practical import. For blueberries, raspberries, blackberries have definite commercial value in dollars and cents. They fill an important place on our home diet list; for are not pies, shortcakes, muffins, pickles, jams, jellies, and sauce time-honored worthies? — to say nothing of the fresh fruit. To spend summer days in their acquisition is, therefore, commendable enterprise; while to go off for a mere holiday, hunting Labrador tea, or the showy lady's slipper, is to invite mild censure from one's more thrifty neighbors. The universal growth of nature study has broadened, to some extent, the popular outlook, but to the genuine Yankee such practice still savors of idle frivolity.

Who that has ever climbed a mountain, small or great, does not recall that peculiar thrill of anticipation at starting upward into the shroud of mist which, even in the fairest weather, so often envelops our mountains in early morning? Up through dewy pastures, where horses or cattle cast an appraising eye upon our haversacks, perhaps to follow with inquiring sniffs; under apple trees and through swinging gates, crossing a noisy, stony, mountain brook, into the well-worn trail that makes three miles of two thousand feet elevation.

This height has none of those tokens of fire ravaging, so common in this region, only clean, vigorous second growth, where original forest is not yet standing. Slender gray boles of beech and maple shoot straight above us, picked out with white of birch, or yellow-gray of poplar, and offset by solemn masses of the evergreens, spruce and fir and hemlock, with pine always largely in evidence. Hobblebush berries are turning orange-red, and, close to the dead-leaf carpet beside the trail, yellows and orange and brilliant reds are repeated among the mushrooms, toned here and there by pallid amanita, or plump white puff-balls. The leisurely road follows a ravine that divides the North and Middle peaks, at least for the greater part of the ascent, and all along that deep-down, gurgling music of rushing water accompanies our upward march. — Just a word in regard to clothes. All experienced trampers will, of course, come in short skirts of lightweight cloth or khaki, cotton blouses, and stout boots or shoes. If one has not rubber soles, a pair of old rubbers will be invaluable for slippery ledges and the badly washed, boulder-strewn road, where early rains have played havoc. Thin cotton dresses, such as are sometimes worn for plains berrying, are wholly unsuited for climbing. When, after seemingly endless miles of heavy growth, in which none but the most meager glimpses of the top have been obtained, we come finally to sunny opening, dry and airy and breezy, the transition is most welcome.

Here are the first blueberries! How grateful is the warm earth on which we kneel, burrowing into rank little bushes after the juicy clusters, drawing deep breaths of relief from the weight of knapsack or haversack, with its burden of luncheon. For on such trips one must look well to provisions, including water or lemonade, tea or coffee. For berry-

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picking, a strong basket with a stationary handle is much better than pails, being light, steady, easily carried, less inclined to accidents. Noon comes all too quickly for the work, but none too soon for our appetites, or our zeal for a view from the actual summit of open ledge, barren now, but once crowned by a house and the scene of much summer festivity.

What royal table can equal a mountain top in the full blaze of a summer noon? Or what perfume of kings' gardens is to be compared with these? Incense of pine and fir, breath of sweet fern, blueberry and checkerberry, the indefinable fragrance of the free out-of-doors. The sun is very hot, but so clear and pure and dry is the atmosphere that one feels exhilaration instead of oppression. Surely no banquet can surpass the sandwiches and hard-boiled eggs and pickles one consumes while gazing out over a summer world. Feasting the eye no less than the palate.

On these mountain expeditions one has always the exciting possibility of unearthing a Maine gem. For our hills guard other treasures beside blueberries and timber. Tourmaline, amethyst, topaz, aqua marine, are mined on several Maine mountains, while garnets are rather common. This particular mountain shelters an amethyst pocket of unknown value, from which have been taken gems of wondrous color and brilliancy; but the mine is on a private estate and not accessible to the public.

Yet, to the nature-lover, no rock crystal out-values that gem so freely outspread for all, the country which lies like a map north, east, south, west, softened and blurred by yellowish haze beyond the immediate townships at our feet. River and lake and modest pond, phantom peak and nearer hill, village and farm and tree-dotted plain, the landscape might hold one for hours. Or these little flower gems massed about the ledges' nooks and corners, pearly everlasting, and dainty violet-blue Scotch harebell, which is found on rare summits.

Today recalls the superlative degree of blueberry that rewarded our climb of an austere peak some forty or fifty miles north, a wild trackless forest for three solid hours, straight up and up, with no trail except fragmentary bear-paths; where every rod must be back-blazed for the return, and we clamber over boulders and fallen trees to emerge upon the first ledge into sunlight — and blueberries. And such berries! Bigger, bluer, firmer than any others, with a flavor peculiar to themselves. On such elevations we find the blueberry growing in company with mountain cranberry — deep-red, acid, and delicious when cooked, on low bushes close against the ground — and the dark, bitter little bearberry. A little further on a bog of deep sphagnum moss produces real bog cranberries, and all on the brink of a sheer precipice. While before and behind — an invincible garrison — stand ranks of the formidable dwarf spruce through which one squirms or crawls to heights above.

"*Excelsior!*" is the blueberry's motto, increasing its vigor and efficiency with the rising altitude. If its more showy relatives, mayflower and mountain laurel, are pioneers of beauty, the blueberry is a pioneer of use, — or as such it appears to our sordid perception, which recognizes "fruit" as something good to eat.

Intimate association with the blueberry on its native heath reveals a subtle affinity between this hardy climber and its human neighbor. It is not altogether financial or food value that draws reapers by the hundred to its harvest. Unconscious, but deeply rooted, lies a sense of kinship with this Puritan of the plant world; the same love of freedom and conquest over difficulties; the same resolute persistence in definite aims; the same fine scorn of ease and idleness. Pioneers of two kingdoms, the bond uniting plant and human kind might appropriately make the blueberry the emblem of our New England people.

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Meals: By Me

By I. R. Fargo

I ABHOR housecleaning. That is, while not in the slightest objecting to a sanitary abiding place, I object to the strenuous methods by which this result is achieved. But, being merely a man, I resign myself to the inevitable; I conjure up the same fortitude commonly employed to stiffen my limbering vertebræ before a seance with my dentist.

Recently, however, fate, in the shape of a wrenched patella, sentenced me to an extended stay remote from my beloved and insatiable office. More; she did it at a season when housecleaning already cast its coming shadow; did it, I verily believe, "a-purpose," and with a chuckle up her sleeve. But my wife, always generous, postponed the feminine semi-annual orgy; I had begun to hobble somewhat, with the aid of a capable hickory cane, when she affably announced:

"Timothy, we'll begin housecleaning tomorrow."

We did. Thereafter we ate on the kitchen table — breakfast, lunch, supper. Dinner was taboo. We ate a hodgepodge hauled from the pantry many minutes past gong-time and deposited helter-skelterly on the oilcloth. I grumbled. My disabled patella had in no wise impaired my natural instinct for food.

"I'll turn cook myself," threatened I, rashly.

"Do," cheered my wife quickly. "It will take up your mind, and — we can clean the kitchen last."

Maribelle had called my bluff. (She never forgot that in the days of my youth I had once acted as second cook at a college club.) I ought to have known better; besides, I was not sure that I wanted my mind taken up. As to cleaning the kitchen last — I cast a suspicious glance across the oilcloth, but my helpmate's countenance was as sweet and devoid of sarcasm as a rose in bloom. I was in for it.

"Very well," I accepted.

"You might begin on supper," sugarly suggested Maribelle.

"Very well," I reiterated glumly. "You won't get much."

"We won't expect much."

Had I not known that Maribelle was positively incapable of innuendo — Nevertheless. Oh hum!

I sat down and considered. Thereafter I did considerable considering. But I purposed to accomplish my task in blissful isolation. To this end I placarded the dining-room side of the kitchen door:

"Callers Can't Come:
On-Lookers Stay Out:
Mealtime Loiterers Eat the Leavings."

Then I began to make hay. That night we had something Maribelle's newest cook book called French Toast; but which my grandmother, I remember, dubbed Fried Bread.

"One egg to one cup milk, season with salt. Beat well. Dip stale bread in the mixture and fry to a golden brown."

So it ran. I only burned up one skillet full. Billy Bumps, next door, encouraged by the promise of a penny, brightened on my trouser leg, made a quick-time trip to the bakery for me. I learned that stale bread sold reasonably cheap, also that brown bread made most perfect French toast.

"Too good for an amateur, Timothy," complimented my wife after supper, putting back the cover to the preserve jar — we're Hooverizing on butter. With a certain poignancy, I wondered if I had made any such comforting comment ten years ago, about the time Maribelle gave up a good office position merely to cook meals for me.

"Potato Purée." I found this in one

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of Maribelle's Household Magazines, and it looked easy; though, if I'd done the naming, 'twould have been plain potato soup.

"Four large potatoes; parboil, drain and cover with fresh hot water. Add salt to season, and a tablespoonful of chopped parsley. When tender put through a purée sieve, add one pint good milk. Reheat, serve hot with toast."

"Hot potato purée — with parsley!" sighed Maribelle contentedly. "Timothy, I'm proud of you." (To tell the truth, I was proud of myself.)

"Bean Chowder. One cup beans soaked over night; add one cup fried onions, one cup thickened soup stock, salt to season, simmer till tender. Then add one pint small boiled potatoes, and one cup cooked macaroni."

It was good, the above. "My dear, for a plain chowder, what do you think of that?" I chuckled. In fact, I was so gratified I forgot to give credit to Kitchen Kookery. Perhaps, because I had been in the habit of looking upon Kitchen Kookery with disdain, and more than once had I advised Maribelle to throw the thing away, and read the Literary Outpost, a more dignified and educational magazine. I had really considered my wife's taste in magazines not quite — Hum —. I've a shelf full of trade journals, myself, down at the office. Before that housecleaning orgy was over K.K. began to crowd the L. O. pretty hard for first place in my affection.

In the days of my youth my grandfather used to send me to mill for a sack of shorts to feed the cow, but my grandmother always scooped out a pailful first to make biscuits. Why could not I essay shorts biscuit. I could; I would. Maribelle said they were the best ever.

"Shorts Biscuit. Two cups shorts, two cups flour, one teaspoonful salt, two large teaspoonfuls baking powder, sift. Stir up with buttermilk sweetened with a bit of baking soda. Turn out on a well-floured breadboard, mix till the dough is smooth and firm. Roll out, cut, and bake."

After that I aspired to dumplings. Also of shorts.

"Shorts Dumplings. One-half cup shorts, one-half cup flour, one-half teaspoonful salt, one teaspoonful baking powder. Sift. One-half cup buttermilk sweetened with a small bit of cooking soda; stir into dry ingredients. The dough should be very stiff. Drop by spoonfuls over a boiling stew (mostly vegetables), cook fifteen minutes without disturbing. Serve hot.

"Dumplings," approved Maribelle, "and light as a feather!"

Somewhere, sometime, I once heard my wife explain to somebody that, if dumpling dough was stirred very stiff, not crowded in the pot, and not disturbed till done, it would *never* fall. At exactly the opportune moment this bit of information popped up and poked its head out of some hidden cranny in my cranium. I merely made use of it. I had not known it was there. I do not know how long it had been there. I could not but reflect upon the marvelous mechanism of the human brain.

After dumplings, meat pie was easy. The crust was merely more dumpling dough dropped over more stew, and baked rather than boiled. But after all it made quite a different dish. Maribelle has been reflecting sagely on the possibilities of simply *shorts*. "Why, Timothy," she extolled, "you say it's only *two cents a pound*. And flour is five. Why, Timothy!"

My ambitions, having once become aeronautical, swooped into experiment. I might explain that Maribelle had a habit of cooking up certain staples during the breakfast-getting period, and tucking them away in the refrigerator. A something-in-case-of-emergency, I suppose. (Maribelle continued to get breakfast; luncheon and supper being all my masculine mind could encompass.) A collection of cupfuls seemed to have collected in this same refrigerator. I brought them all out, one by one, and arrayed them in a row on the kitchen table. The

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result my wife pronounced, "Mock Turkey Dressing." Myself, I had not named it.

"Mock T. D. One cup uncooked sausage, one cup cold, cooked rice, one cup cooked strained tomatoes, one cup cold boiled beans, one cup bread crumbs, one cup finely chopped potatoes, one egg, salt and pepper to season, one-half teaspoonful sage or enough to season highly. Bake in a moderate oven till brown, basting with hot water and oil if needed."

But, perhaps, my buttermilk sauce, served about toasted half-biscuits with poached eggs, puzzled Maribelle the most. (In my inside pocket is a clipping from a column called "Household Helps." I found it in one of my wife's magazines. When I abdicate the kitchen, I'll show it to Maribelle — she will puzzle less.)

"Buttermilk Sauce. Heat and strain one cup of soup stock. Sweeten one cup of buttermilk with a bit of cooking soda, not too much. Add the buttermilk to the stock, season, heat to the boiling point, and thicken with a little rice flour, stirred smooth in one-half cup water. Strain, removing any froth that may appear."

Personally, I am very fond of mashed potatoes and gravy; but my wife informed me that we must *not* have meat, or anything made of meat, on meatless Tuesdays. Hence, my vegetable gravies, of which I am most proud, the following being a reliable sample:

"Onion Gravy. Put one cup boiled onions through the potato ricer, season, add two cups skim milk, heat, thicken with a little flour stirred up in one-third cup of cold water. (On wheatless days use rice flour.)"

But all good things come to an end — as well as all others. The housecleaning orgy neared a close — I think it had never expired in so brief a period before. Maribelle looked at me mistily across the oilcloth.

"Timothy, this has been a--a--treat," she vowed. "Oh, I know---" she caught her breath, for she knew that I knew, and knew that she knew, that my meals were quite makeshift compared to the delectable dishes she daily concocted. Besides, she had caught my wholly reproachful and coyly suspicious glance. She giggled, and took a new start. "But you *can* cook perfectly splendidly!" — Maribelle is nothing if not loyal. — "Besides, to be hungry, and so tired that one don't know one is hungry, and then to come down here and find something *all ready*, steaming hot, and appetizing, and nothing to do but wash one's hands and sit down and eat it. Oh, Timothy! Don't you see? And then, the surprise of it all, Timothy! Not to know, beforehand, what is going to be served. And not to have to serve it. Just to relax — and eat. Oh, Timothy, dear, it has been perfectly wonderful."

(I began to wonder, uncomfortably, if I had, in past days. But a squirming conscience is quite as bad as a scratching cat; I consigned it bodily to a bandbox, clamped down the cover, and pasted the label: "For Future Consideration.")

It was the evening of my last culinary effort. And it was — plain CORN MEAL MUSH. Big blue bowls, with cream and sugar. Maribelle considered it inquiringly, then contentedly, then wonderingly, and passed her bowl for more.

"Timothy, what have you done to it?" she insisted.

"Done to what?" I murmured innocently.

"You know perfectly well what I'm talking about," admonished Maribelle. "This mush. It is sweet, and delicious, like corn on the cob. I thought I didn't care for corn meal mush — but, I do. I do. Yes, --I-- do."

"Come, my dear, and see." I led Maribelle back of the big screen, filched from the dining room, which hid the sink and my general operations. "There," said I, pointing. "And the corn I got from a farmer. Shelled it myself. The meal is ab-so-lute-ly fresh. That's all."

My partner-in-happiness gave a de-

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lighted little squeal. "A hand mill!" she blarneyed. "I've wanted one *so!* But I thought we couldn't afford it. You're a perfect darling!" (She may have meant the mill.) But some time later she turned to me, blandly, eyes a-twinkle, evidently effervescing with a happy idea.

"Timothy," explained my wife Maribelle, "when next we clean house, please consider yourself requisitioned, once and for all, for 'Kitchen Place.'"

Potatoes to the Rescue

Wheat-Saving Indispensable in the Meal

There are five bushels of potatoes for everybody this year. Are you eating your five bushels?

U. S. Food Administration

WE must send wheat to the Allies. That fact stands out above all others. It can be neither ignored nor denied. *Wheat must be sent.* All that is left us is to determine how to do it. Not how to do it from the viewpoint of the shipper alone, but how to do it from the standpoint of our own kitchens and dining-rooms.

It is impossible to talk too much about saving wheat, or about what to use in its stead. There must be something that we can eat in place of wheat; something that would satisfy us as much as bread. There is such a thing,—the Irish potato.

One of the best practical substitutes in the world for a slice of bread is a potato. Try this experiment: Instead of eating a slice of bread and a potato, eat two potatoes. Is it not just as satisfying? There is a reason for this.

The chief value of bread lies in its starch content. The same amount of starch is furnished by one potato as by one slice of bread. To be perfectly fair, there is more body-building material in a slice of bread than in a potato. But again, the body material contained in the potato is a very high-powered sort of body-building material, twice as valuable as the kind found in the bread. The salts of the potato are valuable in building body tissues.

The two growth determinants are found in potatoes, so that in winter, when vegetable foods may be hard to obtain, nobody should neglect the potato part of his meals.

The potato crop last year was estimated to be 467 million bushels, about five bushels apiece for every man, woman and child. Five bushels of a very valuable food are yours at a reasonable cost, to help you save the wheat that must be shipped.

If potatoes are so valuable, and we have so many of them, why don't we ship them "over there"?

Because potatoes are a perishable product, and, because this is true, we must eat them now while they are in good condition. They also take up a great deal of valuable shipping space.

But though you may be convinced that you should use potatoes generously, from the standpoint of winning the war, it will be in vain, as was said in the beginning, unless you are now persuaded to use them instead of wheat, unless you are definitely going to put them in your diet in place of wheat.

Potato Balls

3 cups mashed potato
1 teaspoonful salt
¼ teaspoonful white pepper
1 egg beaten slightly

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Beat the potato, salt, pepper and three-quarters of the egg together. Measure in tablespoonfuls, dip each in flour and roll either in the form of balls or in cylinders; place in an oiled baking dish, brush the surface of each ball with the remainder of the egg mixed with an equal amount of milk. Brown in a hot oven twenty minutes.

Julienne Potato with Savory Sauce

3 cups potato cut in strings
2 small onions, chopped
2 tablespoonfuls flour
1 pint milk
2 teaspoonfuls salt
¼ teaspoonful pepper
2 teaspoonfuls mixed herbs
2 tablespoonfuls fat

Cut the raw, peeled potatoes into strings the size of macaroni. Cook them in boiling salted water twenty minutes. Brown the chopped onion and the herbs in the fat. Add the flour, stirring thoroughly; add the milk, salt and pepper, and cook in a double boiler twenty minutes. Strain and pour over the cooked potato. Sprinkle with grated cheese and serve.

Potato Soufflé

4 cups hot mashed potato
1 tablespoonful melted fat
2 tablespoonfuls milk
1 teaspoonful salt
¼ teaspoonful pepper
Yolks of eggs
Whites of 2 eggs beaten stiff

Mix all but the whites of the eggs in the order given; beat thoroughly, fold in the stiffly beaten whites, pile in a baking dish and cook until the mixture puffs and is brown on the top.

Franconia Potatoes

Select small (2 or 3 ounce) potatoes. Peel; place around the roast in the baking dish thirty to forty-five minutes before the meat will be cooked. The potatoes should be a golden brown in color and tender when served.

Armenian Potatoes

¼ cup oil
1 quart of raw diced potato
¼ cup tomato pulp
½ cup water
1½ teaspoonfuls salt
1 teaspoonful paprika, or white pepper
1 garlic, separated into cloves, and each clove peeled and sliced
1 bunch parsley, or 1 tablespoonful dried parsley

Mix in the order given and bake in a covered dish, in a slow oven, forty minutes.

Stuffed Potatoes

Select medium-sized, smooth-skinned, oval potatoes. Bake in a hot oven until tender, being careful not to over-brown the skin. Cut the potatoes in two, lengthwise, remove the potato pulp, being careful to leave shells unbroken. Mash the hot potato; add either milk or cream as for mashed potato.

Season as follows: To each cup of potato add one-half saltspoonful salt and one-eighth saltspoonful of pepper. Fill the shells with this mixture, rounding the surface so that it is the shape of the original potato. Bake for ten minutes in a hot oven.

Variations: Fold into the two cups of seasoned potato-pulp the beaten white of an egg; pile lightly in the potato shells and bake. Grated cheese one-half cupful to two cups of potato pulp should be used.

There are even potato dishes that can be used as both wheat and meat substitutes.

Potato O'Brien

1 tablespoonful fat
1 tablespoonful flour
½ cup skimmed milk
1 teaspoonful salt
¼ teaspoonful pepper
2 cups diced, cooked potato
1 green pepper, cooked and chopped
½ cup grated American cheese

Make the sauce, using the fat, flour, milk and seasoning. Mix the potato and the green pepper with the white sauce and cheese. Put in a baking dish and brown in a hot oven. Note: Canned red pepper can be used in place of green pepper.

Pittsburg Potatoes

1 quart potato cut in cubes
1 onion
½ can pimentos
2 cups white sauce
½ pound milk cheese
½ teaspoonful salt

Cook potato cubes and onion, finely chopped, in boiling salted water five minutes. Add pimientos cut in small pieces and cook seven minutes; then drain. Turn into oiled baking dish and pour over white sauce mixed with cheese and salt.

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Bake in moderate oven until potatoes are soft.

Shepherd's Pie

2 cups cooked flaked fish
1 tablespoonful fat
1 tablespoonful flour
½ teaspoonful salt
¼ teaspoonful pepper
1 cup soup broth (beef)
2 cups mashed potato

Put diced or flaked fish in baking dish. Add sauce made of the fat, flour, seasoning and broth. Cover top with mashed potato, brush with fat or cream and brown in a hot oven.

Potato Peanut Loaf

1 pint mashed potato
1 cup ground peanuts or ½ cup peanut butter
2 teaspoonfuls salt
½ teaspoonful pepper
½ cup milk
2 tablespoonfuls fat
2 eggs

Beat the entire mixture together and place in greased baking dish; set in a second pan containing hot water and bake in the oven until firm. Serve with tomato sauce.

Potato Fish Loaf

1 pint mashed potato
1 cup chopped cooked fish
2 teaspoonfuls salt
½ teaspoonful pepper
½ cup milk
2 tablespoonfuls fat
2 eggs

Beat the entire mixture together and place in greased baking dish; set in a second pan containing hot water and bake in the oven until firm. Serve with tomato sauce.

Potato-and-Lima Bean Loaf

1 1-3 cups cooked Lima beans (put through sieve)
2 tablespoonfuls fat
¼ cup milk
1 teaspoonful salt
1-3 teaspoonful sage
2 cups riced potato
¼ cup milk
½ teaspoonful fat
½ teaspoonful fat for brushing

Mix first five ingredients and place in bottom of an oiled dish. Whip together the hot potato and the remaining ingredients. Place this mixture on top. Bake in quick oven. Serve with tomato sauce.

Potato Puffs

2 cups mashed potato
2 eggs
½ cup milk
1 teaspoonful salt
1 cup grated cheese

Add the milk to the potato and beat until thoroughly blended. Add the beaten egg and salt, gradually adding the grated cheese. Bake in buttered tins or ramekins in a slow oven.

When it comes to desserts, there are some surprises in store for you. This pudding is surprisingly good, and not a bit of wheat flour in it!

Potato Pudding

1½ cups mashed potatoes
4 tablespoonfuls fat
2 eggs, well beaten
½ cup milk
½ teaspoonful salt
½ lemon (juice and rind)
1 tablespoonful sugar
½ cup raisins and nut meats

Boil potatoes, mash and add fat, eggs, milk, lemon juice, grated peel and sugar. Beat all ingredients together and bake in greased dish three-fourths an hour or longer. Serve with top milk.

Potatoes certainly offer us something with infinite variety of preparations as a substitute for wheat. Hardly any community is without them. In fact, they are so plentiful in some states that a special dispensation has been granted whereby one pound of wheat flour may be sold with four pounds of potatoes, a temporary interpretation of the "50–50" order.

The Stuff to Cook

Your pages and your recipes
Would surely any mortal please,
But for one thing in vain I look —
Where shall I get the stuff to cook?

For cornmeal forty different ways
Of cooking — worthy of all praise;
I read them all, and still I lack
The wherewithal to buy a sack.

I read of butter, eggs and flour —
Avaunt! for these are angel's dower!
For me no fair, concocted dreams,
But rather dandelion greens.

I would try all your recipes,
If I could only raise the breeze;
Please, some one, write for me a book,
Where shall I get the stuff to cook?

— *G. W. Tuttle.*

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The Possibilities of Cheese

By Kurt Heppe

WITH all the discussions that have filled newspapers and magazines, advising conservation, and readjusting views about what to retain in the United States, and what to ship to our Allies, I have not once seen a direction on how to prepare cheese in the American home.

And yet the art of cheese-making is not only simple, but one of the most interesting branches of food manufacture.

Just like breadmaking, it offers undreamed possibilities.

But why is it that sour milk can nowhere be obtained in our large cities?

What is done with the milk which sours in transit, during deposit in our stores and in the homes?

I can understand what is being done with sour milk in the country; but I cannot understand what is being done with it in the city?

The farmer, if he happens to be too busy, or too lazy to make cheese, feeds it to his stock. But the city-man, the dairy-manager, the householder and the grocer clerk, what do they do with their sour milk?

There may be some use for it, but if there is I have never heard of it.

Certain it is that I have never seen it used.

I have seen housewives buy cottage cheese in the delicatessen store, but this cheese was either made by the delicatessen man, or else it came from the country; and yet the same housewife would, with the greatest nonchalance, throw out sour milk with which she could have made that same cheese at home in two minutes.

Cheese-making is a very simple art.

And when I say "Cheese," I do not only mean cottage cheese (for which a great many people do not care), no! I mean every kind of cheese that is to be found in our markets today.

In order to understand what cheese really is, we must first look at the following facts:

Cheese is made mostly of cow's milk.

It is made from either full or skim milk; or from full milk with some kind of fat added, or from skim milk with some kind of fat added.

It can also be made from cream alone. It is usually salted.

There are two ways of making cheese; one is to let the substance sour in the natural way (which is not a good way), and the other is to produce the splitting of the curd from the whey in an artificial manner. This prevents any undesirable bacteria or spores entering the product.

These bacteria and spores would influence the taste of the cheese to a large extent.

(Here belongs the remark that apparently insignificant differences in handling the curd have produced, quite unintentionally I am sure, the extraordinary variety of cheeses which are to be found in the markets today.)

And this phase of cheese-making is very little understood as yet. There is consequently every chance for the amateur to make new discoveries.

It goes without saying that fat cheeses are made from full milk, or even from full milk with some kind of extra fat added, while lean cheeses are made from skim milk.

Then there are hard, medium-hard and soft cheeses. These degrees of hardness are produced by the degree of pressure exercised in the manufacture of the cheese.

All cheese is made from curd; and all curd must ripen in order to become a real delicacy; all ripening must proceed in a moist place.

If cheese were ripened in a dry place,

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the resultant product would be brittle and insipid.

Consequently, when there is no moist place available, it must be artificially created; that is, the cheese must be moistened from time to time.

The artificial curdling of the substance is produced industrially with "rennet," that is a membrane of the fourth stomach of the calf.

The same result can be achieved with lemon juice, vinegar, or a bouillon cube, etc., etc.

This process produces a sweet curd (apparently an anomaly) from what is associated in the mind with a sour product.

When the milk is curdled, it is heated to a certain degree, to produce the solidification of the curd.

The curd is cut, mixed with salt (or with whatever is to give the cheese its especial character), is put into fine cheese-cloths and is pressed into forms.

Hard cheeses are much pressed, while soft cheeses are little pressed, or not pressed at all.

After this process has been attended to, the cheese is stored in moist cellars, or caves, and is left there to ripen.

Most cheeses are from time to time inspected, and are treated in certain specific ways (some, for instance, are sprinkled with salt to keep them moist and free from insects, and others are entirely immersed in brine).

When the cheese is ripe, that is, when it has assumed a uniform aspect, through and through, it is packed and made ready for the market. In order to find whether the cheese is ripe, a special tool is employed, which consists of a round, thin, steel cylinder, with a sharp cutting edge. This cylinder is thrust into the cheese, right down to the center, and on being retrieved brings out a small stock of cheese, which gives a perfect analysis of the inside condition of the cheese. This cylinder is pushed back into place, and is later detected by the consumer as a round, removable part of his slice of cheese, and it makes him wonder what new kind of fake has again been sprung on him.

But any of these varieties of cheese can be produced in the home, and with a minimum of effort; all that is necessary is that the milk be curdled, the curd heated to solidify it, then broken, pressed, salted and formed, and when inclosed in its cloth placed in the mould, and put where it can ripen. If there is no moist place, put a cover on the mould, set it in closet, moisten the cloth from time to time, and, when you have nothing else to do, inspect it as to its development. You will be very agreeably surprised to find that you are a most talented cheese-maker. And not only that, but even you, as an amateur, may some day stumble across a new variety, which will immortalize your name in the annals of cheese-lore.

Now to the varieties of cheese at present in our markets (and which the American housewife will undoubtedly soon greatly enlarge and improve upon); I will give a short review of their especial characteristics and manufacture:

Roquefort (probably the most interesting of all cheeses) is made from sheep's milk, and is ripened in deep-rock caverns. To produce it, half whole and half skim milk is used, with an addition of mouldy bread, prepared from wheat and barley, with lots of sour dough. The fungus thus introduced grows and develops, and gives the taste and coloring for which Roquefort is famous. But the American housewife can make an excellent imitation in her kitchen, or even in a furnished room.

Some cheeses are mixed (before being put into form) with such substances as grated onions, shallots, chives, tarragon, parsley, etc.

Others are refined by being ripened in sour beer or brewer's draff, or are covered with moist hops, or moist straw.

Some are being hard-ironed, while others are being smoked; some are rubbed with brandy, while others are being dyed.

(*Concluded on page 70*)

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AMERICAN COOKERY

FORMERLY THE

BOSTON COOKING-SCHOOL MAGAZINE

OF

Culinary Science and Domestic Economics

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(Signed) HERBERT B. BAILEY.
My commission expires August 30, 1923.

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The Borrowed Day

This day God gave to me,
From His eternity.
Its little hours can hold
So much of gross or gold.

This is my earnest prayer,
That it may bravely bear
The gold of kind deeds done,
Joy's fruits by labor won.

Then when I give it back,
Of good it shall not lack,
But show with meaning true,
What humble hands can do.

Arthur Wallace Peach.

COOKERY

IT resteth now that I proceed unto cookery itself, which is the dressing and ordering of meat, in good and wholesome manner, to which, when our housewife shall address herself, she shall well understand, that these qualities must ever accompany it: First, she must be cleanly both in body and garments; she must have a quick eye, a curious nose, a perfect taste and ready ear; she must not be butter-fingered, sweet-toothed, nor faint-hearted, for, the first will let everything fall; the second will consume what it should increase; and the last will lose time with too much niceness.—

From "The English Housewife" by G. Markham, London, 1615.

A TIMELY NOTICE

THIS is the first number of a new volume, the Twenty-third of continuous publication of this periodical. The occasion, we suggest, is appropriate to begin new subscriptions to AMERICAN COOKERY, as each volume of eight hundred pages is made complete with a title page and full index, thus rendering it of great value as a cook book of reference. Act wisely, and subscribe now, for conservation of food and wartime cookery will be the leading features in every issue of volume Twenty-three. Will it not be difficult to find so much timely and reliable matter elsewhere, or can you well afford to do without AMERICAN COOKERY for the present year?

QUALITY OF SERVICE

UNDOUBTEDLY our readers are not looking for observations or opinions pertaining to the war in the pages of a culinary publication; they are in contact with a full supply of this matter from other sources. We agree with them and propose to confine our efforts strictly to culinary matters adapted to the ever-changing conditions and needs of the day. At the same time we wish to manifest our steadfast loyalty to govern-

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ment and our hearty disapproval of pacifistism as the most unfortunate and mischievous kind of disloyalty to the same government. We believe that religion and patriotism cannot well be separated and the blessings of liberty and the home be maintained. When these are menaced and openly attacked, the only reasonable method of procedure, it seems to us, is to meet force with force. We are all working for the cause of freedom and the homes of mankind. Would that freedom, our freedom, had no foes!

WHAT IS PATRIOTISM?

THE other day Boston streets were banked with throngs of people, while thousands of young men who had lately donned the uniforms of the army and navy streamed by like a river. Most of the massed populace could see only the peaked army hats or the white caps of cadets — many, indeed, nothing but the points of serried bayonets and the mounted officers. We chanced to stand on the Common where the uniformed men could be seen only when they emerged from the multitude along Boylston Street as the column swung into Park Square. Presently a flag came floating along in full view above the throng. It seemed a living presence — a radiant embodiment visualizing the impelling cause of the unseen array. Men and boys bared their heads. "Why don't women find some way to salute that flag?" a feminine voice was heard to ask, somewhere amid the shoulders round about our own.

As the marchers wheeled into view in Park Square, "that flag" seemed to float on the billowed sea of their manhood — a trustfully hovering presence above those stalwart men. It was a striking spectacle as the column pushed its way out Columbus Avenue. Every youth in that sturdy array had given up home comforts, school and business advantages, personal delights with friends and loved ones — had turned from all these to the rigors of camp and training station — had subordinated himself to orders that must be obeyed without demur — had set himself to face terrific perils overseas and lay down his life if he must — all for that flag! Hammerton was right when he wrote: "The two most powerful mental stimulants — since they overcome the fear of death — are unquestionably religion and patriotism."

While pondering this demonstration of what patriotism means, we noticed that a stranger at our side was endeavoring to say something to us. His head had been bared for long. His voice, broken by emotion, was low and quiet. "I have just heard," said he, pointing to the scene out Columbus Avenue, "I have just heard that my boy died three days ago for that flag." Who would not listen to such words! "That means," he added, "that it's my flag now as never before — my blood is in its red." We offer this stranger's brave words as an example of patriotism without alloy.

—*The Boston Herald.*

SAVE

EVIDENTLY a shortage of food and fuel must exist as long as the war lasts. Meat, wheat and fat must be shipped abroad; accordingly we must get along with less of these items and provide other foodstuffs in the place of them. The avoidance of all waste seems to us the most obvious thing to do. Let naught be wasted. In order that money or any other thing may be on hand, it must first be earned or produced and then saved. To produce and save, then, is the order of the day. Everything must be made to go as far and last as long as possible. Under the circumstances we can do no less; we are called upon to do no more. The least that many of us can do now is to save in food, in fuel, in dress and in other ways, and loan our savings to the Government, and this is, in no wise, a sacrifice, or give them to the Red Cross and Y. M. C. A., — established and well organized institutions

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that are rendering active service at home and abroad of inestimable importance and value.

THE SUMMER SCHOOL

THE editor's Summer School of Cookery at South Chatham, New Hampshire, this season, offers an unusual opportunity for gaining practical acquaintance with conservation work and wartime cookery. A special course of work is planned on the use of substitutes as directed by the U. S. Food Administration. The conservation of food, new methods of canning, preserving and drying fruits and vegetables, are likely to become, at no distant day, subjects of more than passing interest and consideration. The instruction given at this school is unique in that it affords a way of learning how to do by the practical application of the means and methods of doing. In brief, the school is designed to provide an occasion for genuine individual work and, at the same time, outdoor recreation entirely free from outside distraction.

WE EAT TOO MUCH FAT

MR. HOOVER is telling us that we eat too much fat. The average American eats more than four ounces of fat a day. This is at least one-half more than he needs. Too much fat hinders digestion and loads the body with a dead weight which lowers efficiency and shortens life.

If the whole country will promptly adopt and adhere to Mr. Hoover's plan, not only during the war, but also after the conflict is over, the result will be a national uplift; but the doctors will suffer a great loss of business. The gain will be an improved well-being of us all.

DOING GOOD

A WITTY member of Parliament lately remarked that the people who wish to leave the world better than they found it cannot be made to see that the best way to leave the world better than they found it would be to leave the world at once. Those who think this sacrificing appreciation of philanthropy to the pleasure of saying a clever thing must not stop thinking at this point. The object of doing good in the world is to get the good done. It is not the gratification of self-esteem or pride of accomplishment. It is not the exposure of imperfection and human folly. It is not meddlesome benevolence, forcing on a person the ideas and merits of the one proposing it. Vanity is not unknown among altruists. Self-conscious purpose vitiates even the best intentions. An angel trying to form every one on one model, and that the angel's, would not do as much good as an ordinary human being who did the best he could with himself. Reforming other people inverts the natural order; and it sets other people against the business. "One person," said Stevenson, "I have to make good: myself." The puzzle about people who want to help other people is that they are so often intolerable. They are insensible to the fact that the task is rarely to be undertaken; and never except with extreme delicacy.

— *The Christian Register.*

Our Privilege

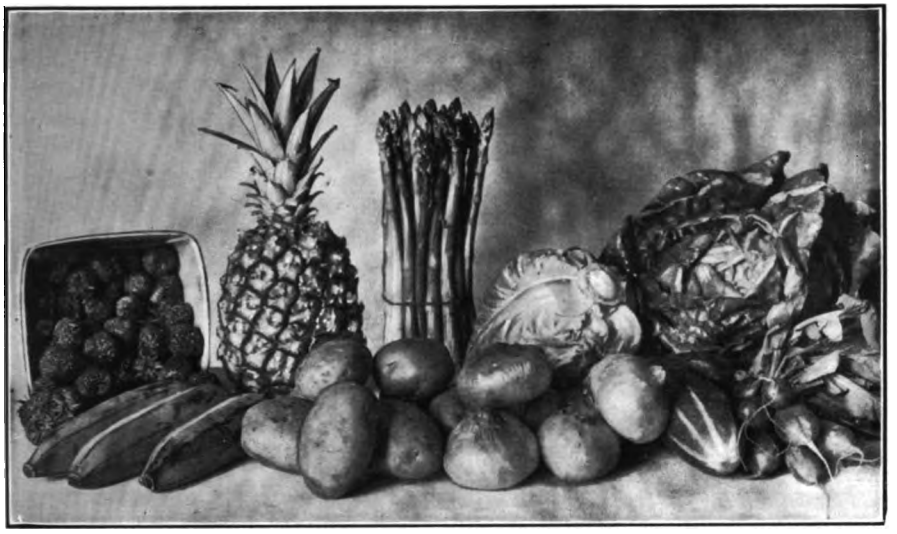
In life's universal garden
We have each to hoe our row,
And to make life worth the living
We must hoe, hoe, hoe,
And in place of sulky weeds
Grow the very best of seeds —
Principles of right and justice,
Thoughtfulness for other's needs!

When the War God weed, arising
With its devastating power,
Threatens LIBERTY and COUNTRY
Every precious, fleeting hour; —
Whether on the sea or land,
With a gun or hoe in hand —
Then we'll stand a patriotic,
All efficient, willing band!

And wherever we may tarry,
We will hoe our little row
For Democracy's sweet freedom
With a Thrift Stamp, Bond or hoe;
Sacrificing of our best —
Hooverizing with a zest,—
Meeting Kaiser William's KULTUR
With a FAITH that stands the test!

Caroline Louise Sumner

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SOME FOODS PLENTIFUL IN JUNE AND JULY

Seasonable and Tested Recipes

By Janet M. Hill

IN ALL recipes where flour is used, unless otherwise stated, the flour is measured after sifting once. Where flour is measured by cups, the cup is filled with a spoon, and a level cupful is meant. A tablespoonful or teaspoonful of any designated material is a LEVEL spoonful. In flour mixtures where yeast is called for, use bread flour; in all other flour mixtures, use cake or pastry flour.

Hominy or Rice Puffs

TO one cup of boiled hominy or rice (preferably hot) add half a teaspoonful of salt, one tablespoonful of fat and two egg-yolks beaten until thick and light colored; then fold in the whites of two eggs beaten very light. Drop by tablespoonfuls on a greased baking tin and bake in a quick oven.

Cornmeal-and-Rice Griddlecakes

Sift together half a cup, each, of cornmeal and barley flour, two teaspoonfuls of baking powder and one teaspoonful of salt; add one cup of boiled rice (grains distinct) and the beaten yolks of two eggs mixed with one cup of milk; add the whites of the eggs beaten very light, at the last. Bake at once on a hot well-greased griddle.

Hominy-and-Barley Muffins

Pour boiling water over half a cup of hominy (fine), drain in a fine sieve, rinsing in cold water meanwhile. Set to cook in two cups of boiling water and half a teaspoonful of salt. Cook an hour or longer. This will make two cups of thin hominy.

1 cup cooked hominy
¾ cup hot milk
2 tablespoonfuls shortening
½ teaspoonful salt
2 tablespoonfuls sugar
1 egg beaten light
¾ cup barley flour
¼ cup cornmeal flour
3 teaspoonfuls baking powder

The hominy may be hot or cold; mix the milk through it evenly; add the shortening, salt and sugar, the egg, and the flour and meal sifted with the baking powder. This makes one dozen muffins. Rice may be used in place of the hominy.

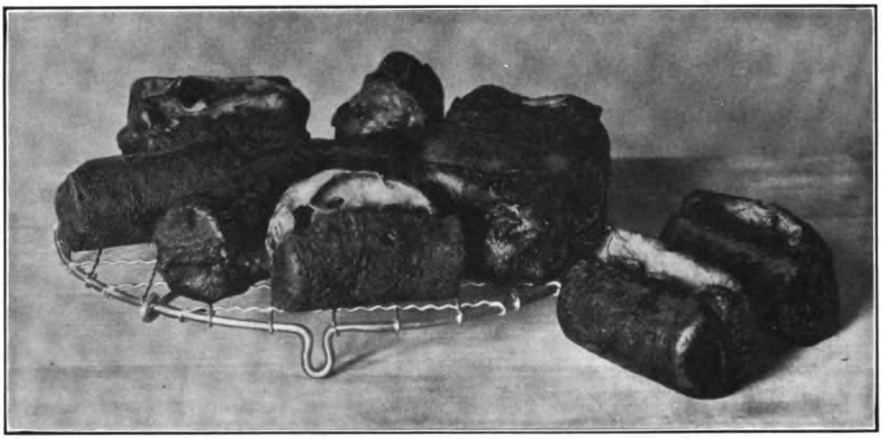
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Missouri Hoe Cake

Pass through a sieve, together, two cups of cornmeal and half a teaspoonful, each, of salt and baking powder; add one tablespoonful of melted fat and stir in water to make a soft dough. Make into small cakes about half an inch thick and bake on a hot, greased griddle until well browned on both sides.

Barley Pop-Overs

Beat two eggs, one cup of barley flour, one teaspoonful of sugar, half a teaspoonful of salt and one cup of milk until very smooth. Use a Dover egg beater. Bake about forty minutes in a hot, well-greased iron pan. The pop-overs are good, but will not puff quite as high as when made with wheat flour. One-fourth a cup of rice flour may replace half a cup of the barley flour.



BARLEY POP-OVERS

Meat Pie

This may be made of any tender left over meat. Boiled forequarter of lamb, left over, was used in the dish shown in the illustration. The broth left from the meat was used for the sauce. For rather more than a pint of meat prepare a pint of sauce. Melt four tablespoonfuls of fat; in it cook four tablespoonfuls of flour and half a teaspoonful of salt; add a pint of broth and stir until boiling. Stir into this the meat, cut in thin slices and freed of all unedible portions. Let the meat stand on the stove to become hot throughout while the crust is being made.

Crust for Meat Pie

1 cup barley flour
½ cup rice flour
3 teaspoonfuls baking powder
½ teaspoonful salt
3 tablespoonfuls shortening
Milk for a soft dough

Sift the dry ingredients together; cut in the shortening and add milk gradually while mixing to a dough. The dough should be mixed quite soft, as it thickens after first mixing. Turn on a floured board, to coat lightly, knead, and roll into a sheet to fit the top of the baking dish. Make a slit at the center, grease the edge of the dish and set in place. Bake about twenty minutes. This mixture makes good baking powder biscuit.

Chicken-and-Rice Soufflé

Melt two tablespoonfuls of fat; in it cook two tablespoonfuls of rice flour, half a teaspoonful of salt and half a teaspoonful of paprika; add one cup of chicken broth and one cup of tomato purée and stir and cook until boiling; add one cup of boiled rice. The rice may be hot or cold but the grains must be distinct when it is stirred through the sauce. Add also

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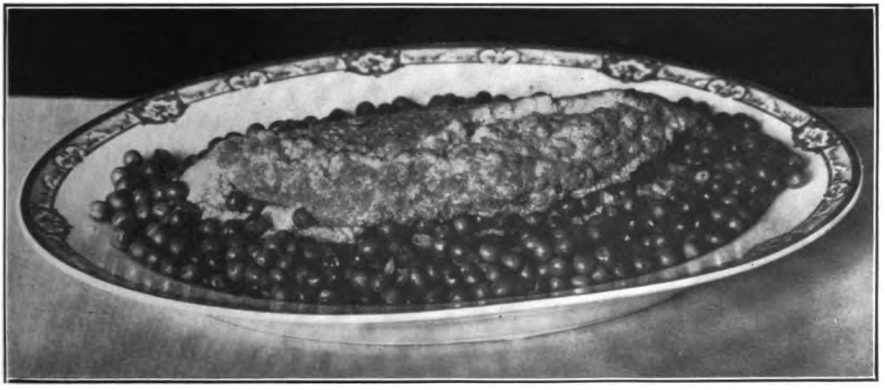


MEAT PIE

one cup and a half of chopped chicken and the beaten yolks of three eggs; fold in the whites of three eggs beaten very light, and turn into a well-greased baking dish. Let cook in a pan of boiling water, in the oven, until firm in the center. Serve the instant it is taken from the oven with a sauce made of one-fourth a cup, each, of fat and rice flour, one cup, each, of chicken broth and tomato purée and half a teaspoonful, each, of salt and pepper.

Rice Omelet with Peas

This may be made with peas "left over"; if there is less than a cup of peas, they might be stirred through a cup of cream sauce to make them "go further." Season the peas, made hot, with salt, pepper, a teaspoonful of sugar and a tablespoonful of butter. For the omelet, the rice may be hot or cold, but the grains must be distinct and, preferably, they should be hot. Beat the whites of two eggs very light and the yolks until thick. Mix a cup of rice and half a teaspoonful of salt through the yolks, then fold in the whites. Melt a tablespoonful of fat in a hot omelet pan; turn in the rice and egg mixture, and make smooth on the top. Let cook in a moderate oven until no uncooked egg adheres to a knife thrust into the center. Score across the top at right angles to the handle of the pan. Sprinkle a few peas over the top and fold at the scoring. Turn on a hot platter and pour the hot peas around it. Serve at once.



RICE OMELET WITH PEAS

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Sunday Night Cheese

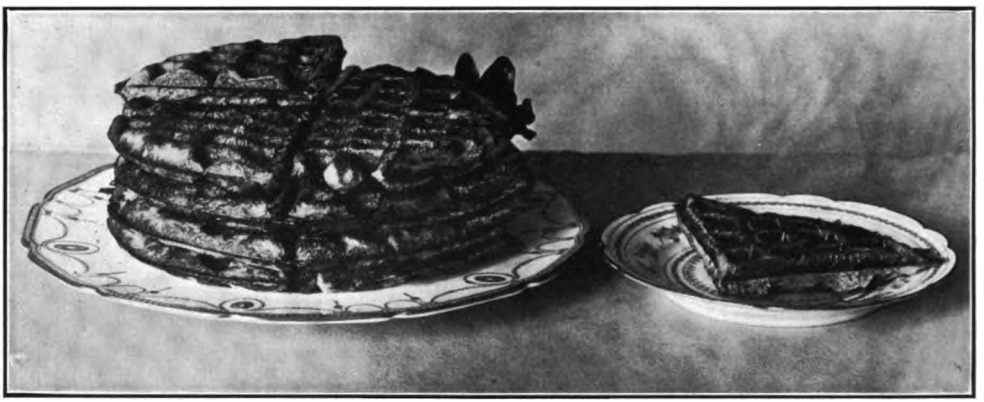
Melt two tablespoonfuls butter substitute; in it cook two tablespoonfuls of flour, and one-fourth a teaspoonful of salt; add one cup of milk or one cup of tomato purée and stir until boiling; beat in one egg, beaten light; when cooked stir in one package of snappy cheese, and when smooth turn into an earthen bowl and set aside until ready to use. Have ready any variety of Liberty biscuit, rolled very thin before cutting, or they may be rolled thicker and split for use. Spread the biscuit with the cheese mixture, dredge on a little paprika and set into the oven to become very hot. If preferred, this may be made at time of serving and served on crackers or toast as any cheese rabbit. The egg may then be omitted.

Cornmeal Waffles

Put two cups of water and a teaspoonful of salt over the fire to boil; gradually stir one cup of cornmeal mixed with one cup of cold water into the boiling water. Keep the mixture boiling constantly while the meal is being added, then cover and let cook over boiling water, stirring occasionally, one hour. Beat in one-fourth a cup of shortening and pour into a bowl. When cooled a little, beat in half a cup of sour cream or buttermilk and two-thirds a cup of sweet milk; sift together two cups of wheat flour, or one cup of wheat and one of barley flour, one-fourth a teaspoonful of soda and two teaspoonfuls of baking powder and beat in to the first mixture; beat in two egg-yolks beaten light, and, lastly, two egg-whites beaten very light. Bake at once on a hot, well-greased waffle iron. The mixture will fill the iron five or six times.

Potatoes, Hongroise Style

Chop fine a small mild onion and let cook in three tablespoonfuls of vegetable oil or clarified fat until softened and yellowed. Do not allow either the butter or the onion to brown. Add half a teaspoonful of paprika, a cup of tomato pulp, freed of seeds and cut in thin slices or bits, and a quart of cooked potatoes, cut into rounds or slices one-fourth an inch in thickness. Mix all together thoroughly, then add consommé or broth nearly to cover the potatoes; cover and let cook very gently until the liquid is much reduced.



CORNMEAL WAFFLES

Cucumber-and-Pimiento Salad

Pare a chilled cucumber and cut it into julienne pieces (like a match, but shorter). Remove pimientos from a can, rinse in cold water, dry on a cloth and cut in shreds, the same size and shape as the cucumbers. Use equal measures of each. Dress each separately with French dressing made of three measures of olive or other vegetable oil to one of vinegar and

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PINEAPPLE-AND-STRAWBERRY SALAD

a little grated or scraped onion. Dispose, separately or mixed together, in a salad bowl. Serve with fish.

Pineapple-and-Strawberry Salad

Use fresh or canned pineapple. The pineapple may be picked from the core with a silver fork or a strawberry huller, or it may be cut in slices and the hard center removed with an apple corer or a small, round cutter. Cut in slices, the slices may be cut in small pieces after disposal on the serving dish in such a manner that the whole slice is kept in position. On the slices set strawberries cut in halves. Edge the dish with heart-leaves of lettuce. Mix the juice from a fresh pineapple with as many tablespoonfuls of olive or other vegetable oil as slices of pineapple; add for four tablespoonfuls of oil, two tablespoonfuls of honey, two tablespoonfuls of lemon juice, and one-fourth a teaspoonful of salt; mix thoroughly and pour over the fruit. Serve at once.

Barley-Flour Sponge Cake

Beat the yolks of five eggs very light; gradually beat in one cup of granulated sugar, then the grated rind and juice of half a lemon. Fold in one cup of sifted barley flour and the whites of five eggs beaten very light. Bake in a tube pan about fifty minutes. Half a cup of potato *or* corn flour may be used in place of the barley flour.

Rolled Sponge Cake, Potato Flour

2 eggs, beaten without separating whites and yolks
¾ a cup sugar
Grating lemon rind *or* ½ teaspoonful lemon extract
2 tablespoonfuls butter substitute
⅓ cup hot water
½ cup potato flour
½ teaspoonful salt
1½ teaspoonfuls baking powder

Gradually beat the sugar into the eggs; add the flavoring, the fat melted in the water and, lastly, the flour sifted with the salt and baking powder. Bake in a shallow pan lined with a thin, greased paper about fifteen minutes. Turn on



ROLLED SPONGE CAKE (POTATO FLOUR)

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a cloth wrung out of warm water, remove the paper, trim off the crisp edges and spread with fruit jelly. Keep the damp cloth between the hands and cake in rolling. Remove from the cloth as soon as rolled. One cup of barley flour or half a cup of corn flour may be used in place of the potato flour.

Barley Strawberry Short Cake

Sift together one cup and a half of barley flour, half a cup of rice or potato flour, half a teaspoonful or more of salt and four level teaspoonfuls of baking powder. Cut in about five tablespoonfuls of shortening, and with milk mix to a soft dough. Grease two tins seven inches in diameter with straight sides. Spread the dough in the tins evenly, as thick on the edges as at the center. Bake about twelve minutes. Hull, wash and slice a large basket of berries and mix them with a cup of sugar. Spread the hot crusts with butter and dispose the berries between and above them.

Barley Cheese Gingerbread

1 cup molasses
¾ cup grated cheese
1½ cups barley flour
½ cup rice flour
⅓ cup water
1 teaspoonful soda
½ teaspoonful salt
½ teaspoonful cinnamon
1½ teaspoonfuls ginger

Heat the molasses and cheese in a double boiler. Sift all the dry ingredients together. When the cheese is melted, add this mixture to the dry ingredients, alternately, with the water. Bake as any gingerbread.

English Pineapple Pie

Drain and heat the juice from a two-pound can of sliced pineapple. Mix three-fourths a cup of sugar with three tablespoonfuls of flour and stir into the hot juice. Continue to stir until the mixture thickens, then let cook over hot water about ten minutes. Beat the yolks of two eggs and stir through the mixture; add two tablespoonfuls of butter substitute and five slices of pineapple cut into bits. Have ready a pastry shell (baked over an inverted plate) and fill it with the mixture. Beat the whites of two eggs very stiff; gradually beat in one-fourth a cup of sugar and spread over the filling. Bake in a very moderate oven about ten minutes.

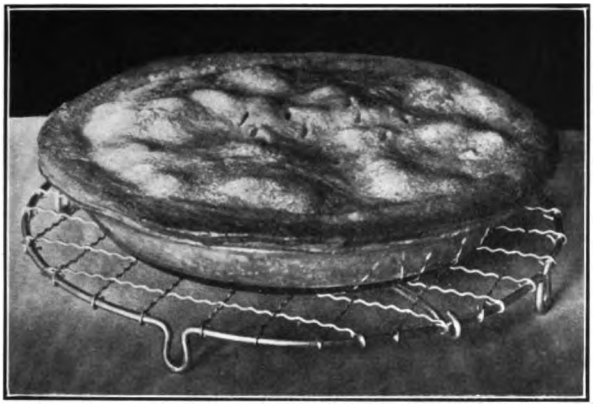


BARLEY STRAWBERRY SHORTCAKE

Cherry Pie

Line a pie plate with pastry; prepare about a pint of stoned cherries. Mix two tablespoonfuls of potato flour, one cup of sugar and half a teaspoonful of salt and mix through the cherries and juice; dot with a teaspoonful of butter, brush the edge with cold water and set a second piece of pastry over the cherries, pressing the edges together. Bake about half an hour.

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CHERRY PIE

Pastry for Cherry Pie

Sift together one cup and a half of barley flour, half a cup of rice flour, half a teaspoonful of salt and half a teaspoonful of baking powder. Cut in a scant half-cup of shortening, and adding cold water, gradually mix to a paste. This will make a pie and a round for a strawberry tart to hold a basket of berries.

Cherry Tapioca

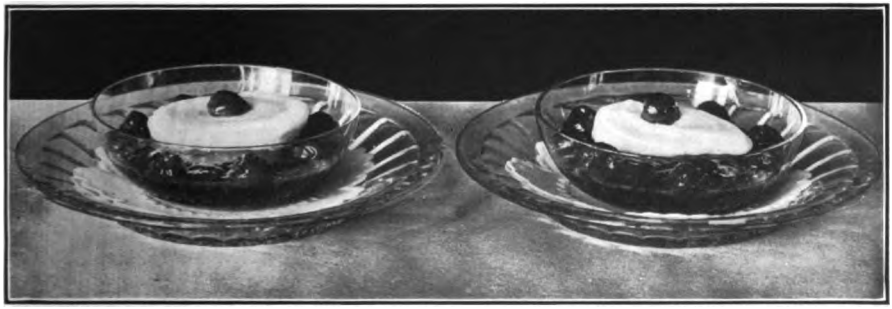
Put one cup of cherry juice, one cup of cherries, half a cup of sugar and half a cup of water over the fire in a double boiler; stir in four level tablespoonfuls of quick-cooking tapioca, cover and let cook, stirring occasionally, half an hour. Beat the white of one egg very light; gradually beat in two tablespoonfuls of sugar. Shape between two tablespoonfuls into "eggs"; push these into a dish of boiling water and let cook, without boiling the water, about twenty minutes. Serve the tapioca in glass dishes with a "snow egg" above the mixture in each dish.

Strawberry Tart

For a basket of berries cut out a round of paste, rolled as for one crust of a pie, eight inches in diameter. Set it on a baking sheet and prick all over with a fork; pipe chou-paste on the edge and let bake until done. It will take about eighteen minutes. When ready to serve, reheat in the oven and fill with a basket of berries, hulled, washed, drained, cut in halves and mixed with sugar to taste.

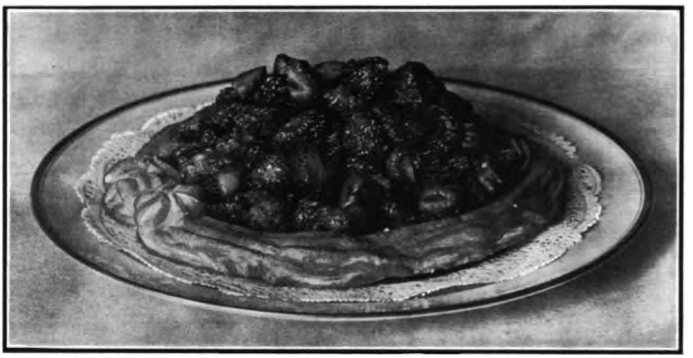
Chou-Paste for Tart

Melt four tablespoonfuls of fat in half a cup of boiling water; when again boiling, stir in half a cup of wheat or barley flour and two tablespoonfuls of corn flour and continue to cook and stir until the mixture clings together; turn into a cold dish and beat in either the white or



CHERRY TAPIOCA

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STRAWBERRY TART

the yolk of an egg; then beat in one whole egg. When smooth the mixture is ready to use. There will be enough paste for the tart and three cream cakes or eclairs.

Rice Flour Flummery

Scald two cups of milk with two inches of cinnamon bark or the thin yellow rind of half a lemon. Stir half a cup of rice-flour, half a teaspoonful of salt and one-fourth a cup of sugar with half a cup of cold milk; dilute with some of the hot milk, and when smooth pour into the rest of the milk and stir and cook until the whole is thick and smooth; cover and let cook twenty minutes. Remove the cinnamon or lemon and beat in the white of one egg, beaten very light and let cook about three minutes. Serve hot or cold with fruit jelly, canned fruit, boiled custard or top milk and sugar. The egg-white may be omitted. In the illustration cherries cooked with sugar were set into a cup with a little of the syrup, a spoonful of the cold rice mixture was set above the cherries and above this more cherries and syrup.

Canned Peaches, Cold-Pack Method

For home canning, remove the skins by paring. Cut the peaches in halves, then remove the skins and stones. Crack a few stones and add a few of the kernels to the peaches in the can. Let the prepared fruit stand in cold water, to which a tablespoonful of salt has been added, until a jarful is ready. Thoroughly wash and rinse in hot water jars and covers. Fill the hot jar or jars with peaches, and set them in place in the canning receptacle. For the syrup allow four cups of water to five cups of sugar; heat enough to melt the sugar and to boil up once; pour in syrup to fill the jars to overflow, adjust the new rubbers and covers, first dipping the rubbers in boiling water and taking the covers from water actually boiling; put one wire of the clamp in place and let cook from five



RICE FLOUR FLUMMERY

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to sixteen minutes, according to the style of cooker. Using a wash boiler or similar receptacle, let the water cover the cans to the depth of an inch; cook sixteen minutes after the water boils vigorously. Remove from the water and fasten securely. In filling the cooker use water at the temperature of the filled jar, and bring quickly to the boiling point.

Canned Blueberries
(Without Sugar)

Prepare three cans of berries, discarding any berries that are over-ripe and removing all leaves and stems. Use a pressure canner or steam cooker. Set the covers beside the jars. Cook about fifteen minutes. Use one can to fill the other two. Dip the rubbers in boiling water and set in place. Do not touch the under side of the cover; lift by the edges to set in place, and adjust one wire of the clamp; let cook five minutes; remove from the cooker and adjust the second wire of the clamp.

Blueberry Jelly

Put the fruit in a saucepan, crush with a pestle and let heat slowly; when hot and soft throughout, drain in a bag. Allow one cup of sugar to each cup of juice. Heat the sugar in the oven and boil the juice six minutes; heat quickly and count the time after boiling begins; add the sugar, let boil two minutes and turn into glasses. Have the glasses nearby filled with boiling water. Turn out the water and fill without delay, as the jelly forms quickly.

Blueberry Jelly
(Second Extraction)

Turn the residue left after draining the juice from blueberries into a saucepan; add water (hot or cold) to cover, mix thoroughly and let simmer ten or twelve minutes. Drain in a bag, pressing out all the juice possible. Allow half a cup of sugar to each cup of juice. Boil the juice ten minutes, add the sugar, made hot in the oven, and let boil till the syrup drops in beads from a spoon lifted from it. Turn into hot glasses as usual.

Canned Strawberries and Raspberries

Fill hot, sterilized jars with hulled, washed and drained berries, putting in as many as convenient. Have ready syrup made by melting five cups of sugar in four cups of boiling water heated just to the boiling point. Pour in syrup to fill the jars to overflow. Seal the jars, dipping the rubbers in boiling water, with sterilized covers. Set the jars on a rack in a saucepan of boiling water. The boiling water must come over the jars. Let remain in the water until cold.

Raspberries Canned without Cooking

Wash and drain the berries. Add an equal weight of sugar. Crush the berries with the sugar, and mix them well. Allow the berries to stand for twenty-four hours, stirring them occasionally until the sugar is dissolved. Seal them in glass jars, and keep the jars in a cool dark place. Strawberries and raspberries canned in this way are excellent for shortcake. Red currants may be canned in the same manner.

Sun-Preserved Berries

Fruits that lend themselves especially well to the following method of preserving are strawberries, cherries, white currants, and raspberries. Use a pound of sugar to each pound of fruit. Put a layer of fruit in the bottom of a preserving kettle and add one or two tablespoonfuls of water. Alternate the layers of sugar and fruit. Heat the mixture carefully until the sugar is dissolved; avoid crushing the fruit if possible. Boil the mixture for from five to seven minutes, pour it in thin layers onto large platters, and set it in the sun for a day. It should thicken or jelly on the platter. After it has cooled and thickened, transfer it from the platter to sterilized jars, and seal or cover them with paraffin.

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Well-Balanced Family Menus, June

SUNDAY

Breakfast

Puffed Rice, Milk
Eggs Cooked in the Shell
Rice-and-Cornmeal Griddle Cakes
Orange-and-Dried Apricot Marmalade
Coffee Cocoa

Dinner

Chicken Pie, Barley-and-Rice Flour Crust
Lettuce-and-Cress Salad
Savory or Scalloped Potatoes
Bermuda Onions, Boiled
Strawberry Ice Cream Sponge Cake

Supper

Snappy Cheese Rabbit on Oatflour Crackers
Pineapple
Boiled Cream Hominy, Whole Milk
Cocoa Tea

MONDAY

Breakfast

Oatmeal, Sliced Bananas, Milk
Rice Omelet with Bechamel Sauce
(Chicken broth and top milk)
Grilled Potatoes Spider Corncake
Coffee Cocoa

Dinner

Mock Bisque Soup, Educator Crackers
Rizzoletti
(remnants of chicken with rice, etc.)
Green Peas Radishes
New Potatoes, Baked
Floating Island
(conservation custard, sponge cake)

Supper

Potato Salad
Cold Boiled Tongue, Sliced Thin
Oatmeal Bannock
Strawberries Tea

TUESDAY

Breakfast

Baltimore Samp, Maple Syrup, Whole Milk
Tongue-and-Potato Hash
Barley Flour-and-Cornmeal Muffins
Coffee Cocoa

Dinner

Egg Croquettes, Italian Style
Green Peas Spinach
Strawberry Shortcake
(barley-and-rice flour crust)

Supper

String Bean Salad
Barley-and-Rice Flour Biscuit
Loganberry Jiffy-Jell
Cookies

SATURDAY

Breakfast

Baltimore Samp, Maple Syrup, Milk
Creamed Fresh Fish (left over)
Small Baked Potatoes
Oatmeal Bannock
Coffee Cocoa

Dinner

Corned Beef, Boiled Potatoes
Boiled Onions
Beet Greens
New Carrots, Buttered
Rhubarb and Raisin Pie
Half Cups Coffee

Supper

Dried Lima Bean-and-Canned Corn Succotash (chop the corn)
Baking Powder War Bread
Strawberries
Tea

WEDNESDAY

Breakfast

White Cornmeal Mush, Whole Milk
(grated cheese, adults)
Creamed Asparagus on War Bread Toast
Potato Doughnuts
Coffee Cocoa

Dinner

Lamb Stew with
Barley-and-Rice Flour Biscuit
(carrots, onions, potatoes)
Lettuce, French Dressing
Stewed Prunes, Cottage Cheese
Toasted Wheatless Crackers

Supper

Lettuce-and-Sliced Egg Salad
Baking Powder War Bread
Strawberries
Hot Water Sponge Cake Tea

THURSDAY

Breakfast

Broiled Fresh Mackerel
or
Small Fresh Fish, Sauté
Creamed Potatoes
Radishes
Cornmeal Breakfast Cake
Milk Coffee

Dinner

Hamburg Steak
Mashed Potatoes
Asparagus
Canned Apple Pie

Supper

Cream of Asparagus Soup
Wheatless Crackers
Baking Powder War Bread
Strawberries
Tea

FRIDAY

Breakfast

Oatmeal, Top Milk
Eggs Shirred with Creamed Asparagus
Cornmeal Breakfast Cake, Reheated
Cocoa Coffee

Dinner

Fresh Fish, Baked with Tomato and Onion
Mashed Potatoes, Browned in Oven
Lettuce and Cold Asparagus, French Dressing
Strawberry Tart

Supper

Hot Spinach, Sliced Eggs
Baking Powder War Bread
Boston Cream Puffs
Strawberries
Tea

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Well-Balanced Family Menus, July

SUNDAY

Breakfast

Puffed Rice, Blueberries, Milk
Cornmeal Waffles
Coffee Cocoa

Dinner

Fricassee of Fowl, Savory Rice
Barley-and-Rice-flour Biscuit
Green Peas Apple Jelly
Lettuce and Cress, French Dressing
Cherry Pie
Cream Cheese

Supper

Potato Salad
Sardines
Baking Powder War Bread
Fresh Raspberries or
Dried Peaches, Stewed
Milk Tea

MONDAY

Breakfast

Oatmeal, Stewed Peaches, Whole Milk
Scrambled Eggs
White Hashed Potatoes
Hominy Crisps
Cocoa Coffee

Dinner

Fowl Soufflé
Green Peas New Potatoes Baked
Lettuce-and-Radish Salad
Vanilla Ice Cream, Chocolate Sauce
Cornflour Sponge Cake

Supper

Eggs à la Golden Rod
(on rounds of mashed potatoes)
Hominy and Barley Muffins
Berries Oatmeal Fruit Macaroons
Tea Milk

TUESDAY

Breakfast

White Cornmeal Mush, Blueberries, Milk
Creamed Asparagus on Toast
New Potatoes Baked
Barley Popovers
Coffee Cocoa

Dinner

Sword Fish, Sauté
Old Potatoes, Mashed String Beans
Beet Greens or Dandelions
Cottage Pudding (barley or oat flour)
Raspberry Hard Sauce

Supper

Cheese Soufflé
Dried Apricots, Stewed
Baking Powder Loaf Bread
Rice Cakes, Sauté
Peanut Butter Cookies

SATURDAY

Breakfast

Barley Grits, Whole Milk
Fresh-water Pickerel or Pan Fish, Sauté
Baked Potato Cakes (left over)
Radishes
Oatmeal Bannock, Toasted
Coffee Cocoa

Dinner

Lamb Chops, Fore Quarter, Steamed and Sautéd
Scalloped Potatoes
Summer Squash
Creamed Kohl Rabi
Cornstarch Pudding,
Raspberry Sauce

Supper

Baking Powder Bread
Blueberries
Milk
Tea

WEDNESDAY

Breakfast

Barley Grits, Berries, Whole Milk
Dried Beef, Frizzled
White Hashed Potatoes
Fried Mush, Maple Syrup
Coffee Cocoa

Dinner

Corned Tongue, Boiled
New Cabbage, Scalloped
Boiled Potatoes Cucumbers
New Carrots Tossed in Butter
Rice Pudding, Delmonico Style
(with cornstarch, egg yolks and meringue)
Peanut Butter Cookies

Supper

Clam or Fish Chowder
Wheatless Crackers
Lemon Jiffy-Jell Ginger Cakes
Tea

THURSDAY

Breakfast

Oatmeal, Sliced Bananas, Whole Milk
Spanish Omelet
Quick Buckwheat Griddle Cakes
Coffee Cocoa

Dinner

Cream of String Bean Soup
Tongue, Potato-and-Carrot Hash
Boiled Beet Greens or Chard
Raspberry Shortcake

Supper

Stewed Lima Beans
Cornmeal-and-Barley Flour Muffins
Cottage Cheese
Orange-and-Apricot Marmalade
Tea Milk

FRIDAY

Breakfast

Boiled Rice, Berries, Whole Milk
Broiled Tripe
Hashed Brown Potatoes
Boston Brown Bread, Toasted
Coffee Cocoa

Dinner

Mock Bisque Soup, Wheatless Crackers
Broiled Bluefish
Buttered Beets Cucumbers
Old Potatoes, Mashed
Lemon Milk Sherbet
Oatmeal Macaroons

Supper

Snappy Cheese Rabbit on
Boston Brown Bread Toast
Stewed Blueberries
Gingercakes
Tea Milk

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Well-Balanced Menus for Boys' Summer Camp (July)

(Boys Eight to Sixteen Years).

SUNDAY

Breakfast

Oatmeal, Blueberries, Whole Milk
Salt Codfish or Finnan Haddie
and Potato Hash (baked) Tomato Catsup
Spider Corncake
Milk Cocoa

Dinner

Fowl Steamed and Baked, Giblet Sauce
Mashed Potatoes
Sweet Pickled Melon Rind
Virginia Spoon Corn Bread
Lettuce and Garden Cress, French Dressing
Maple Ice Cream
Buckwheat Cookies or
Potato Flour Sponge Cake

Supper

Baked Potatoes
Gnocchi à la Romaine (cornflour, cheese, etc.)
Stewed Prunes Oatmeal Bannock
Cocoa Milk

WEDNESDAY

Breakfast

Fish-and-Potato Cakes
(Baked or Sauté)
Fried Cornmeal Mush, Syrup
Oatmeal Bannock
Cocoa Milk

Dinner

Roast Leg of Lamb, Mint Jiffy-Jell
Franconia Potatoes, Brown Sauce
String Beans or Green Peas
Baked Bananas
Baked Rice Pudding with Raisins

Supper

Mock Bisque Soup, Crackers
Virginia Spoon Corn Bread
Dried Apricots, Stewed
Cookies

MONDAY

Breakfast

Barley Grits, Whole Milk
Remnants of Chicken in Omelet
Barley Biscuit (barley and rice flour)
Marmalade
Cocoa Milk

Dinner

Hamburg Steak
Mashed Potatoes (with milk)
String Beans
Lettuce and Garden Cress, French Dressing
Barley Biscuit (reheated)
Pineapple Tapioca Sponge

Supper

Baked Potatoes, Smoked Fish in Cream Sauce
Puffed Rice, Milk
Dried Peaches Stewed
Chocolate Cake

THURSDAY

Breakfast

Boiled Rice, Milk, Blueberries
Boston Brown Bread, Cream Toast
Frizzled Dried Beef
Small Baked Potatoes or
White Hashed Potatoes
Cocoa Milk

Dinner

Lamb-and-Rice Soufflé
Stewed Tomatoes
Scalloped Potatoes
Hominy Crisps
Junket Ice Cream, Chocolate Sauce
Gingerbread

Supper

Fish or Clam Chowder
Peanut Butter Crackers Cold Slaw
Raspberries Cookies

TUESDAY

Breakfast

Cornmeal Mush, Milk
(Cooked all night in Fireless)
Rice Omelet with Tomato Sauce
Ryemeal-and-Barley Flour Muffins
Butter Marmalade
Cocoa Milk

Dinner

Boiled Fresh Fish, Egg Sauce
Boiled Potatoes, Boiled Onions
Boiled Spinach or Beet Greens
Boston Brown Bread
Blueberry Pie (barley-and-rice flour crust)

Supper

Scalloped Potatoes and Eggs (Oak-Hill eggs)
Barley, Rice flour-and-Wheat Bread
Stewed Prunes Cream Cheese
Oatmeal-fruit Macaroons
Milk to Drink

FRIDAY

Breakfast

Oatmeal, Sliced Bananas, Whole Milk
Salt Codfish Balls, Catsup
Breakfast Corn Cake
Cocoa Milk

Dinner

Broiled Bluefish, or
Sword Fish, Sauté
Mashed Potatoes
Boiled Beets
Hominy and Barley Muffins
Cherry Pie
(barley and rice flour crust)

Supper

Lamb-and-Tomato Soup
Crackers
Creamed Baltimore Samp with Cheese
Raspberries
Oatmeal Cookies

SATURDAY

Breakfast

Baltimore Samp, Syrup
Whole Milk
Corned Beef-and-Potato Hash
Pickled Beets
Rice-and-Cornmeal Griddle Cakes
Cocoa Milk

Dinner

Chicken Pie, Barley Crust
Savory Potatoes
Summer Squash
Swiss Chard as Greens
Rice flour Flummery with
Canned Fruit

Supper

Boston Baked Beans, Catsup
Boston Brown Bread
Savory Rice
Raspberries
Gingerbread Milk

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Food Suggestions for June-July

By Janet M. Hill

AS we make up this number of AMERICAN COOKERY, the U. S. Food Administration is urging housekeepers to make, for the present, potatoes rather than bread the staple article of our diet. The crop of potatoes was large last year, and this supply should be utilized before it goes to waste. For many uses old potatoes are preferable to new. The very early crop is often sent to market before it is fully matured, and such potatoes never give a mealy and truly delectable dish. Then, too, even if ripe, they will not give a dish of fluffy mashed potato so much enjoyed by everyone.

The ways of using mashed potatoes are almost endless; but first of all look out for the little details that will surely make or mar the dish. During storage the potatoes lose water by evaporation, and this should be, in part, restored to them before cooking. Pare and let stand in cold water to cover, at least, an hour before cooking. Set to cook in boiling, salted water and keep boiling till done; drain and press at once through a potato-ricer, into a hot dish. Add salt, hot milk and some form of fat and beat with a slitted wooden spoon until white and fluffy. To enjoy in perfection eat at once.

Either fresh-made or left-over mashed potatoes may be used as a case for eggs or creamed meat, fish or vegetables. Press the potato in a greased dish to leave an open center; break in an egg or fill with the creamed article. In the first case, cook until the egg is of the consistency desired. The creamed dish may be covered with buttered crumbs and the cooking is completed when the crumbs are browned.

Getting along without wheat flour is really less of a privation than it was, at first, thought. Barley, rye, oatmeal, corn, potato and rice flours give good results in cake and pastry.

Yeast bread is the one item for which wheat flour seems absolutely necessary, and many of us will gladly use the various baking powder forms of bread as a temporary expedient. Some of these will prove so satisfactory that, hereafter, they will be given a lasting place in our bills of fare.

Yeast bread may be made with rye flour without the use of any wheat. The dough should be mixed quite stiff; as the dough is sticky, use rice flour on the board for kneading. Use milk rather than water in mixing; this item means much, when rye flour is used. By the use of milk the quality and texture of the bread is much improved.

The recipe for baking powder bread, given on another page, gives a loaf that may be sliced when cold. For many the sugar is an objection, but it helps to lighten the bread. A cup of chopped nuts may be used in place of the shortening. This bread dries out quickly.

In a meal in which potatoes and other vegetables replace bread, the dessert

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may often appear as a shortcake; strawberries, raspberries, Loganberries, canned apricots, blackberries and peaches form a succession of good things eminently appropriate for shortcakes. The crust made of barley and rice flour is recommended, though a sponge cake made of potato flour will be preferred by some.

Keep in mind that fruit may be canned just as successfully — as far as preservation is concerned — without sugar as with it. It is a matter of convenience to be able to open a can of fruit ready for the table; also the appearance of some fruit, as peaches and pears, would not be improved by reheating with sugar at time of serving; thus, if convenient, sugar might be used in canning these fruits. Berries and early apples will taste much more like fresh fruit if they be canned without sugar, and then be reheated and sugar be added at time of use.

Extract fruit juice for jelly in the usual manner; heat to the boiling point and store in sterilized jars, as in all canning with the open kettle. When sugar is available and jelly is desired, the final work may be done in less than half an hour. Fresh-made jelly is certainly preferable to that which has been stored for some time; the fruit flavor is higher.

We feel that the presentation — at this time — of a recipe for cake frosting requires an apology. We give the recipe because it is so simple and never fails. It may be made with one tablespoonful of Karo and six tablespoonfuls of honey in place of the sugar. The recipe is well worth holding on to for use when conditions change. One or two ounces of melted chocolate may be beaten in at the last moment.

Time-Saving Frosting

(Mrs. Crafts)

Put seven-eighths of a cup of granulated sugar, three tablespoonfuls of water and the white of one egg in a small double boiler. Let water in the lower part of the boiler be boiling rapidly; set the upper part holding the ingredients in place, and beat constantly seven minutes, when a boiled frosting that will remain in place will be ready for use. The water in the lower receptacle must be boiling rapidly throughout the seven minutes. Use a Dover egg beater.

Baking Powder Loaf Bread

1½ cups barley flour
1 cup rye meal
½ cup rice flour
6 teaspoonfuls baking powder
1 teaspoonful salt
½ cup sugar
4 tablespoonfuls shortening
1 egg beaten light
1 cup milk

Pass together all the dry ingredients through a sieve into a bowl and work in the shortening with two knives. Add the milk to the egg and use in mixing the dry ingredients to a dough. Turn into a greased bread pan. Let stand 15 minutes. Bake 45 minutes. One cup of oat flour or very fine meal may replace the rye meal.

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What I Learned from Vegetable Canning Last Year

By Emma Gary Wallace

EXPERIENCE doesn't amount to very much unless we use it to safeguard our future actions, or employ the knowledge gained to save others from disappointment.

In company with a number of other patriotic American women, I canned, last year, everything cannable, as fruits and vegetables made their appearance.

Having canned fruits for a great many years, I had some experience in this line, and so met with no disappointment whatever. I was particular, of course, that cans and tops were properly matched, that rubbers were new and sound, that fruit was at its best, and, as a rule, used the method of packing my fruit in the can raw, covering with sterilized hot syrup, and then cooking the fruit in the can in a water bath long enough to sterilize, following government tables for the time to subject each kind of fruit to the heat.

My only disappointment was with strawberries. The first of these were done exactly according to directions of canning experts, — that is, the syrup was made, poured over the fruit, and the can closed and the contents cooked the given length of time. The fruit shrunk so as to leave an air space at the top. Consultation with one of the State Food Agents reassured me, for the time, as she declared that this was a vacuum and the fruit would be all right; but, somehow, I was not easy about it, and set those first batches by themselves. Later batches I did differently.

I kept some of the syrup in reserve, proceeded exactly as before, only when the fruit was sufficiently cooked, I took off the top, filled up the can with the boiling syrup, and closed it quickly. During the winter I was able to compare results. The cans that had a space at the top developed a growth of mould and the fruit faded badly. When it was opened the mould could be removed in a layer, and there was no hint of fermentation, but the fruit was not as solid as desired. The cans that were filled up to overflow with the hot syrup came through much better. They didn't have a particle of mould, the fruit was much more solid, and the color and the flavor were better.

I also learned some things about vegetable canning, which I trust will save disappointment this year. This canning was nearly all done by the cold-pack, intermittent method, so widely recommended last summer. Some of my vegetable canning, however, was done by the open-kettle method, vegetables being prepared, cooked, and canned boiling hot. These groups canned in different ways were kept apart. Some of both of them spoiled. The majority of both of them kept. I am sure I know the reason, and this year I do not believe I will have any disappointment, no matter which method I use.

Part of my cans were washed and presumably sterilized by an excellent maid, who had kept house more years than I had, but at the time I was a little doubtful as to the thoroughness of her work. This was not to be surprised at, as her training along lines of sanitation and her knowledge of bacteria were not extensive. This year I shall see to the proper cleaning and sterilizing of every can myself, and this is the way I am going to do it.

Cans are washed and dried, and the covers put on, and the cans set away when emptied. I am particular that the cover goes with the right can, so as to save the tiresome task of matching them up on a busy, hot, canning day. When I get ready to use my cans, I shall take them

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down, wash them in clear water, bring them to the boiling point in a solution of washing soda and water, using a tablespoonful of washing soda to each two quarts of water. This, with the boiling water, will sweeten and kill any mould spores. These cans will then be washed in soap suds, rinsed in clear water, and scalded. The covers, of course, will be treated in the same way.

I had some cans develop "flat-sour," even though every precaution was taken that I knew then. I have since learned that cans of fruit or vegetables should not be left in a warm kitchen to cool, but should be set in a cooler room out of a draught, so as to avoid cracking, but the temperature reduced as fast as is consistent with the safety of the glass. The prolonging of the "warm period" encourages the development of this unknown flat-sour, which our chemical laboratories have not yet determined the nature of.

I shall spend no time putting up anything in fruit or vegetables that is not at its best. Good materials, surgically clean utensils, and careful methods will insure satisfactory results.

Canning Without Cooking

By May Belle Brooks

COOKING destroys the flavor of most fruits and vegetables, and if there is any safe method of preserving foods without subjecting them to heat, it should be used. All kinds of berries, peaches, grapes, rhubarb and tomatoes have been successfully canned by the cold process. To can berries, pour over them an equal amount of sugar, set in a cool place and let stand twelve hours, stirring them several times. Pack in sterilized and cool jars and leave uncovered several hours, stirring occasionally. If this precaution is not observed, the fruit will not keep, as the fermentation produces gas, which should be thrown off before they are sealed. Put on the rubbers and tops and fasten secure.

Cherries, currants and the berries will keep excellently if washed as soon as picked and packed into sterilized jars, which are then filled up with a boiling syrup made of one quart of sugar and a quart of water cooked together about twenty minutes. Fill to overflow and adjust the rubber and cap at once. Peaches and grapes will also be good treated in this fashion, and will taste as nearly like the fresh fruit as it is possible for any preserved food to do. Over-ripe fruit will not keep so well canned without heat.

To can rhubarb in cold water, wash and cut into small pieces without peeling it. Pack into a jar, place a rubber and fill to overflow with cold water and seal. At the end of twenty-four hours, drain all the water from the jars and re-fill to overflow with fresh, and re-seal. Let stand another twenty-four hours, pour off all the water again and fill with fresh, after which the jar is ready to be sealed permanently.

Tomatoes require a slightly different treatment. See that they are not the least over-ripe; scald and peel, being careful to remove all the green center or blossom end. When thoroughly cold, pack in jars, and to each quart add one-half a teaspoonful of salt and one teaspoonful of sugar. Cover with cold water, seal and let stand upside down for two days. Whole tomatoes for salads may be kept in stone jars and covered with a weakened vinegar, sweetened and spiced as for sweet pickles.

For currant jelly without cooking, press the juice from the currants and strain it. To each pint allow one pound of sugar,

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mixing them together until the sugar is dissolved. Pour in jars, seal, then expose them to the hot sun for three days.

Beet Relish. — Of course the beets for this must be previously boiled. Chop one quart, each, of the beets and cabbage; add one cup of grated horse-radish, one cup of sugar, one-half teaspoonful of cayenne pepper and cover with cold vinegar.

Oil Pickles. — Slice, without paring, thirty medium-sized cucumbers and mix with four onions sliced. Cover with salted water and let stand four hours. Drain and pour over one quart of vinegar and one-half cup of olive oil.

Pickles for Immediate Use. — Wash and wipe the cucumbers and place in a two-gallon jar containing one gallon of strong cider vinegar, one cup of salt, one tablespoonful of powdered alum and a small bag of mixed spices. Put a plate over the pickles to keep them under the vinegar, and add more cucumbers at any time, being careful not to crowd them. These may be eaten the next day after preparing, if desired.

Sweet Pickled Onions. — Use the small button onions, or large ones sliced. Cover with brine strong enough to float an egg or a potato. At the end of twenty-four hours, remove the brine and cover the onions with sweetened vinegar in the proportion of two pounds of sugar to one-half gallon of vinegar. Add mustard seed, celery seed or other spices to suit the taste. Green tomatoes or cauliflower may be added, if desired, and they need not be sealed air-tight, a stone crock will suffice.

Chili Sauce. — Scald and peel four quarts of tomatoes; chop and place in the colander to drain for two hours. Remove from the colander and pour one quart of vinegar over them. Mix together one cup of minced onion, one cup, each, of sugar and salt, half a cup of grated horse-radish, the same of mustard seed, two tablespoonfuls of black pepper, two small red peppers, chopped, two teaspoonfuls of celery seed, two tablespoonfuls of ground allspice, one teaspoonful of mace, one cup of nasturtium seed, one tablespoonful of cinnamon and two or three heads of celery, chopped. Combine with the tomato and vinegar and bottle without cooking.

Cold Catsup. — Chop one peck of ripe tomatoes and press through a sieve. Add one-half cup of grated horse-radish, one-fourth cup of salt, one cup of white mustard seed, two large peppers, two bunches of celery, chopped fine, one cup of minced onions, one cup of brown sugar, one teaspoonful, each, of black pepper and cinnamon, and one quart of vinegar. Bottle and seal without cooking.

Cucumber Relish. — Chop three quarts of peeled-and-sliced cucumbers, removing all seeds, two quarts of onions and two pints of green peppers. Sprinkle with salt, cover and let stand overnight. Add six teaspoonfuls of celery seed, one teaspoonful of pepper and sufficient vinegar to cover.

Cornmeal, Barley-and-Rice Flour Breakfast Cake

¼ cup shortening
¾ cup sugar
2 eggs, beaten light
½ cup milk
1 teaspoonful salt
1½ cups barley flour
½ cup rice flour
1 cup cornmeal
4 teaspoonfuls baking powder

Cream the shortening; beat half the sugar into the shortening and half into the eggs and beat the two mixtures together. Sift the dry ingredients into a bowl together; add to the first mixture, alternately, with the milk. Bake in a dripping pan. Good reheated.

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French Food With a Southern Accent

(*Concluded from page 15*)

adding that rich golden tint, with a pungency all its own. The fish is served after boiling in its *casserole*, not a kettle, on a platter, over which some of the sauce is poured, the greater part being reserved for pouring over slices of bread, which are served apart in a bowl. The secret of this wonderful fish stew, whose praises have often been sung, is that it must be made of the Fish of the Mediterranean, spiney and wonderful as to coloring, rockfish from the coves and *calanques* of the coast — rascasse, dorade, rouget and the poisson de Saint Pierre, which seems to have no other name.

Sometimes *langouste*, a sort of feminized lobster, is added to *bouillabaisse*, but this is an interpolation. One defect of the present war rationing of bread for the Marseillais is that it does not give him sufficient bread for his *bouillabaisse*, and furthermore, war-bread of itself does not lend itself readily to the function, being too heavy and compact.

The sea abounds in simple, but luscious fish, though it has often been said that those of the Mediterranean could be expected to have none of the qualities of those of northern waters. This is not so, and their cooking adds to their charm when carried out with old southern French tradition. The *loup de mer* is a fish of white delicate meat, which can be cut up into steaks and planked, and is one of the finest fishes I have ever eaten. It is about the only fish that ever is planked and served whole, though in all Marseilles restaurants of pretentions, the finny one is first brought in uncooked for the guest to pass upon. Oil is the prime ingredient of southern French fish-cookery; nothing answers so well as this medium. Olive oil is used for the sauces and condimental fixings, but for the actual frying, nothing is said to be so good as our own cotton-seed oil, whose inception is due to the Marseilles oil pressers, though now known to all the world.

Desserts are lacking here, as on most French menus. A *flan*, or sort of custard, is occasionally served, one suspects for traveling Americans and English, and always may be had a nougat, or sort of petrified Turkish delight, while for the rest, it is apt to be made up of fresh fruit — figs, oranges, or thin-shelled almonds, oranges and mandarines in season.

Marseilles has other restaurants more conventional, and still others not a bit more so, and with a character all their own. Many are hidden away in the winding streets, spreading out occasionally on to the sidewalks of a shady Cours, or avenue. Isnard's Restaurant des Phocéens is perhaps the finest, most récherché cuisine of all the indigenous Marseilles restaurants, but is less amusing, less frequented, and less attractively located than those given. It has a specialty, too, in canned *bouillabaisse* which it ships off to the four corners of the earth, or would, or did, before the war. Something even more splendid is Marseilles' Hotel de la Reserve on the famous Corniche Road, which skirts the sea. It sits amid a little group of pines on a promontory overlooking the water, its wide verandahs the scene of many gay parties. Its sea-food specialties are of the best, and of the freshest, for it fishes them from its own cisterns, built in the Mediterranean itself, at the foot of the hill, but its *bouillabaisse* lacks a certain atmosphere of local color, which Marseilles quayside restaurants alone can give, and this, in spite of the glorious site and the really chic appointments — and prices — of "La Reserve."

The opening words of this article were my American's parting words, after we had made a round of Marseilles' altogether local-color restaurants. When the American invasion makes its return trip from France, its members may be clamoring for French food with a southern accent; if so the above outlines some of its charms.

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Contributions to this department will be gladly received. Accepted items will be paid for at reasonable rates.

City Helps for Country Housewives

TO country housewives, especially those not within easy shopping distance of large cities, a serious drawback to an otherwise preferable location is the inability to obtain those little helps in housekeeping so plentiful in the cities.

"Oh, for a dustless duster such as Cousin Amelia has!" sighs the country cousin despairingly. "Or a polishing cloth for silver—but they never keep anything like that at the general store here."

Of course they do not, generally. But they often keep the raw materials, from which to make these modern helps, if but the country housewife knew their secret. And this is often simpler than the manufacturers would have us believe!

Silver Polishing Cloths, for instance, which will not scratch silver, yet will preserve their cleaning qualities indefinitely, may be made from materials which your grocer or druggist may easily procure for you, and at half the price which your city cousin pays for the advertised article.

For several of these you will require one pound of whiting, and one-quarter ounce of oleic acid, blended smoothly with one-half gallon of gasoline. In this compound soak soft, old flannel cloths of suitable size, then dry thoroughly somewhere away from fire. Keep those not in immediate use in a tight box, or wrapped in waxed paper.

A Sweeping Compound is helpful in homes lacking vacuum cleaners. One that will serve the purpose admirably consists of a quantity of corn meal (coarse salt, if preferred) saturated with just enough kerosene oil to moisten. It will not grease the rugs.

A compound closely resembling the proprietary article is made from one-half pint of paraffin oil and two ounces of eucalyptus oil, mixed with two ounces of melted paraffin wax in a warm room so that it will blend well. Have ready ten pounds of dry sawdust, and one-half pound of coarse salt, also slightly warm. Over this pour the blended oils and wax, stirring thoroughly until the dry ingredients are saturated, then add four pounds of sea sand. Color, if desired, with any of the aniline dyes. This makes a large quantity of the compound and at less price than you would pay for half of the same in the city.

A Wood Stain for the kitchen floor may be made from Permanganate of Potash. Mix in the proportion of one-quarter ounce to the quart of water, dissolving thoroughly. Apply with a brush freely and swiftly to the cleaned, dry floor. One coat is sufficient unless a very dark floor is desired. When first applied, the color will be a bright magenta, changing immediately to a dark, rich brown, that will not wash away. When dry, oil with linseed oil, and clean your floor by merely wiping with warm water.

A Floor Wax for dulled varnish will result from blending half a pound of common beeswax in half a pint of turpentine. Shave the wax and heat in a double boiler until melted, then add the oil together with half a pint of drier.

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If the beeswax is not obtainable, paraffin wax may be substituted. This is cheaper, soft and easy to apply, but less durable. Rub well into the floor with a rag, polishing with dry flannel.

A Crack Filler is made from one pound of flour rubbed smoothly in a little water. Add three quarts of boiling water and set on stove. Stir in one tablespoonful of powdered alum, together with bits of torn newspapers, and cook until the mass is smooth and thick as putty.

A Carpet Cleaning Fluid is made from four ounces of good, white soap dissolved in four ounces of boiling water. When cool add five ounces of ammonia, two and a half, each, of alcohol and glycerine, with two ounces of ether or chloroform. To use, shake well and use in proportion of one tablespoonful to a pail of warm water.

A Dust Mop for wiping hardwood floor-borders requires only the general-store variety of mop, and twenty cents' worth of paraffin oil. Soak the mop in the oil until thoroughly saturated, dry, and use four or five months, then wash and oil again.

Dustless Dusters are quickly made by sprinkling hemmed cheesecloth squares with any good furniture oil, rolling tightly over night.

Better dusters, having the advantage of not soiling the hands, and of retaining the dust until worn to tatters, result from mixing one-eighth an ounce of oxalic acid and one-half pound of whiting in one quart of gasoline. Blend well, saturate soft cloths with the compound and hang in the open air to dry. You can make several of these for the price of one in the city.

While about it make yourself a small dust mop, to take the place of the now ostracized feather duster, by saturating a dish mop with the foregoing mixture. Lacking the dish mop, old stocking legs cut in strips and fastened to a short handle will do. This sort of duster will enable you to flick dust from high or low places as readily as by a feather duster, and without the risk of setting it loose again in the air.

A Polish for Furniture and woodwork may be made from equal parts of turpentine, kerosene and vinegar, well blended. This is not only cheap and getable, but as good as can be purchased.

A Wall Paper Cleaner which will clean a room equal to any proprietary article. may be made in ten minutes for about as many cents. Sift one heaping cup of flour with one tablespoonful of salt. Have ready a mixture of one tablespoonful of coal oil, two of vinegar and two of ammonia, with one-half cup of warm water. Blend with the flour and salt, and cook until the flour is thoroughly scalded and all the moisture used up, stirring constantly. Knead as you would bread dough, until smooth. Break off pieces, roll into balls convenient to handle, and rub the soiled paper with it as though it were a rubber eraser.

A Washing Fluid which has the advantage of not fading colored clothes, while at the same time whitening white goods by the simple process of removing every particle of dirt, is simply made. Dissolve one pound of potash in one gallon of boiling water; let cool, and add two ounces, each, of washing ammonia, sal soda and borax, and one ounce of salts of tartar. Mix thoroughly and keep in a corked jug. Use one-half teacup to a boilerful of clothes; or its equivalent in the washing machine, and they will need no boiling.

In the boudoir, too, the modern helps are as much appreciated by the country housewife as by her city cousin.

A Cleaning Ball for removing spots from garments is not only quick, but cleanly in its action. Mix together one ounce of powdered French chalk and five ounces of powdered pipe clay; to which add two ounces of spirits of wine. Mix into a smooth paste, form into small balls and let harden. To use, moisten the soiled spots with warm water and rub them well with one of the balls. Let dry and brush off the cleaner, when the spot will vanish with it.

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A Cleaning Fluid, in which articles may be soaked and cleaned with impunity, is readily made from ingredients that may be found at any country drug store. Use one and one-half drams of sulphuric ether, three drams of alcohol and one and one-half drams of chloroform to one pint of naphtha. Keep tightly corked, and use as freely as desired on even the most delicate materials and colors. This is said to be also an excellent cleaner for ostrich feathers.

A Glove-Cleaning Paste, having the advantage over other glove-cleaning preparations, in that it may be used while dressed for the street, is very simple in the making. Shave thin one square inch of any good, white soap into a pint or more of soft water, and warm slowly until the soap is thoroughly dissolved. Put away in jars to use as needed. It should be like a thick cream or jelly. Apply with a soft cloth, wiping the gloves with dry, clean cloths. This preparation will leave the leather as soft and pliable as when new. M. E. S. H.

* * *

A Fuel Saver

LAST winter we had our furnace and all the pipes conveying hot air, wrapped with asbestos sheets. This, of course, is a common practice for conserving the heat, causing the heated air to be delivered to the rooms where it is wanted, and incidently reducing the coal bill.

The asbestos, with which the pipes were covered, was similar to blotting paper, thick enough to be strong, but still fairly pliable.

After the completion of this work, several sheets were left over. I conceived the idea, that if this asbestos would hold heat in the pipes and in the furnace, that there would probably be other places where I might put it to use.

Accordingly, I took one of these strips and made it into a conic-shaped roll, about nine inches in diameter at the bottom, and about seven at the top, the roll being fifteen inches high. This I place over the coffee pot, or other similar utensil for boiling on my gas stove. Thus directing to the pot heat which otherwise would be radiated out into the room. Formerly it took me fifteen minutes to make our coffee, but with this instrument, we can make it in about ten minutes; in other words, it saves about one-third the gas formerly used in this operation.

I would suggest, that if one of these is made, it be constructed large enough at the bottom to extend around the flame, and, at least, an inch larger in diameter than the coffee-pot.

It can be made for a few cents, and will save its cost many times in gas alone, to say nothing of the time.

It might be added that this is in line with the present policy of conservation, and "waste not, want not." C. M. S.

* * *

Currant Jelly

Editor of American Cookery:

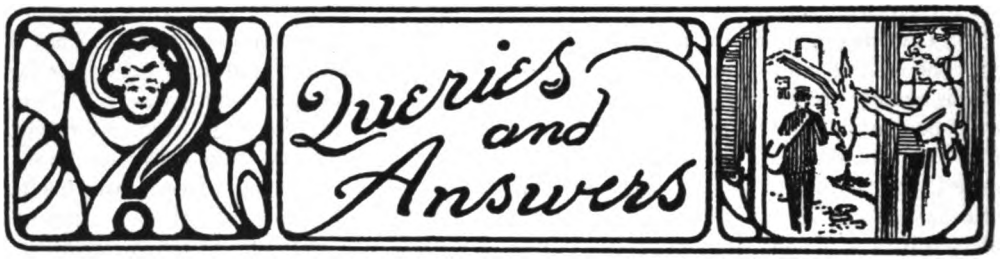
Last December something was written in your magazine about making currant jelly with water. I would like to give my recipe which I have used successfully for many years.

To four quarts of currants on the stem, add one quart of water, boil half an hour, strain and measure. Measure one pound of sugar to one pint of juice; put the sugar where it will heat; boil the juice fifteen minutes longer; add the hot sugar and remove from the fire as soon as thoroughly dissolved. It should be active boiling, not simply simmering. The jelly is very nice and I have never known the recipe to fail.

Last summer I tried an experiment in jam making, which was very successful.

I crushed *uncooked* raspberries, adding sugar as usual, a pound to a pint, and covered the glasses with paraffine, as usual. The jam kept perfectly, and was delicious, tasting exactly like the fresh fruit. I shall try strawberries the same way next summer. R. S. N.

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THIS department is for the benefit and free use of our subscribers. Questions relating to recipes and those pertaining to culinary science and domestic economics in general, will be cheerfully answered by the editor. Communications for this department must reach us before the first of the month preceding that in which the answers are expected to appear. In letters requesting answers by mail, please enclose address and stamped envelope. For menus, remit $1.00. Address queries to Janet M. Hill, Editor. AMERICAN COOKERY, 221 Columbus Ave., Boston, Mass.

QUERY No. 3952. — "Recipe for Marshmallow Sauce to serve with hot ginger bread."

Marshmallow Sauce

BOIL three-fourths a cup of sugar and one-third a cup of boiling water, as for boiled frosting, only do not boil as long. 230° F. on the sugar thermometer is a high enough degree. Pour in a fine stream on the white of one egg, beaten light, beating constantly meanwhile; then beat in a ten-cent package of marshmallows, cut in four pieces each.

QUERY No. 3953. — "Will you give some *general rules* for substituting other flours in recipes calling for wheat flour."

General Rules for Substitution in Flours

Standardization of the newer flours has not been, as yet, very generally carried out. One must learn by experience the changes in quantity that are best adapted to the various uses to which a flour is put. In cake making, a cup of barley flour may make a loaf of less delicate texture than a cup of wheat flour; one or two tablespoonfuls less of barley flour may give better results than a full cup. Still the article may be edible, and on another trial you can improve it. When a recipe calls for one cup of wheat flour, half a cup of potato flour or corn flour is all that is required. A given measure of buckwheat flour thickens more than the same measure of wheat flour; but in dishes where buckwheat flour is used, biscuit, muffins, etc., the addition of a little more liquid is easily made.

QUERY No. 3954. — "The Substitutes in my store closet increase and the Wheat flour disappears. Most bread recipes call for two-thirds flour to one-third substitute. What are we to do?"

How Keep the Ratio between Wheat Flour and Substitutes?

Use less yeast bread. Quick breads can be made without any wheat flour. Use one cup of any variety of meal (corn, rye, oats), with one cup flour (barley, rye, corn, buckwheat), with the usual milk, shortening, etc., for muffins. Look over the list of uses for "substitutes" given in the April number of AMERICAN COOKERY. There are many families, especially at this time, who buy no wheat products, and find no trouble in using all the substitutes they can get. Do not order a large quantity of any one article, but get two or three pounds, each, of several articles. At the same time, why not cut down on cereals and see how many different ways you can evolve for serving potatoes, onions, spinach, etc. Carry over no products from grains. Take this time to clean out your store room, and air the receptacles in which flour and meal are usually stored. New crops of grain will soon be harvested.

QUERY No. 3955. — "Is there any ingredient which can be added to Chou-Paste mixture, when making cream puffs, so that they will retain their crispness when cold?"

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Crisp Cream Puffs

Beat the mixture very thoroughly and use fresh eggs. Do not have the mixture spread too thick. The thinner the finished product (the more the paste expands in cooking), the crisper it will be. Remove at once from the pan to a wire cooler; let each puff stand apart from all others that it may not be softened by "sweating." Use the full measure of shortening.

QUERY No. 3956. — "Recipe for flaky Puff Paste for Napoleons, Lady Locks, etc."

Where Recipe for Puff Paste may be Found

If "An Appreciative Reader" will send for the November Number of Vol. XVIII, AMERICAN COOKERY, she can secure a reliable recipe for puff paste. Puff paste may be made at home just as successfully as in hotels, etc. However, at the present time such pastry is not made in hotels or private houses, and is not likely to be made for some time to come. On this account we do not think it advisable to give up our space to the recipe, which, in detail, is lengthy. Recipes may also be found in "Practical Cooking and Serving" and "The Book of Entrées."

QUERY No. 3957. — "Will you publish a list of Spices and give the foods with which each may be satisfactorily combined."

Uses of Spices

Cinnamon is used with fruit, as apples, bananas, peaches and pears; in cakes, pies, puddings, candies, pickles and yeast rolls. The flavor of cinnamon and of cloves is very agreeable in any mixture in which chocolate is used.

Cloves are used in the same combinations as cinnamon, save yeast rolls. They are also used, occasionally, in soup, especially with onions and tomatoes, and whole cloves are often pressed into a baked ham, near the end of the cooking.

Ginger is agreeable with fruit, and in cakes, pies, puddings, pickles and candy. Ginger is the favorite spice for pumpkin pies and Indian (cornmeal) puddings. It is often used in these dishes with cinnamon.

Mace and Nutmeg. — Mace is the outer husk of the nutmeg, and in flavor differs but little from nutmeg. The French use a dash, or grating, of nutmeg in many meat and fish dishes. Mace is sold in powdered form, and in "blades" or shreds. The shreds are used in soup. Both nutmeg and mace are used in cakes, pies, puddings, custards, vegetables and pickles.

Mustard is used in sauces, and salad dressings, with beans, cheese, fish, meats and pickles.

Pepper (black, paprika, cayenne) may be used in all dishes of vegetables, cheese, eggs, fish or meat; also in soups, salads and pickles. Black pepper is usually preferred with vegetables and paprika with cheese.

QUERY No. 3958. — "Recipe for Fresh Strawberry Tarts with Rich Syrup."

Strawberry Tarts

Make pastry, using one cup and a half of barley flour, and half a cup of rice or potato flour, half a cup of shortening, half a teaspoonful of salt, one teaspoonful of baking powder and cold water as needed. Roll into a thin sheet and cut into rounds; set the rounds on a baking sheet; pipe a narrow ring of chou paste on the edge of the rounds; prick the paste in the center with a fork. Bake about twenty minutes. Weigh the berries you wish to use; hull and wash them. Take the same weight of sugar, add a few spoonfuls of boiling water, just enough to dissolve the sugar. Cover and let boil; add the berries, and let boil two or three minutes. Skim out the berries; reduce the syrup by boiling until quite thick; in it reheat the berries. Skim them to the tarts; reduce the syrup again till thick, and pour over the berries. A little gelatine, — a teaspoonful to a pint, — may be softened in a tablespoonful of cold water and dissolved in the hot syrup. Use the syrup when it begins to "set."

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QUERY No. 3959. — "Recipe for Jellied Cabbage Salad."

Jellied Cabbage Salad

Beat the yolks of three eggs with half a teaspoonful of prepared mustard, and one-fourth a teaspoonful, each, of salt and paprika; add one-third a cup of vinegar and cook over hot water until slightly thickened; remove from the fire and beat in three tablespoonfuls of butter. Soften a scant tablespoonful of granulated gelatine in four tablespoonfuls of cold water, and stir through the dressing. Let cool, but not stiffen; stir in one cup and a half of cabbage, shredded very fine, made crisp in cold water and dried thoroughly on a cloth. Add also a green or red pepper shredded very fine. Turn into a mold and let chill. Serve unmolded with or without lettuce or cress.

Jellied Philadelphia Relish

- 2 cups chopped cabbage
- ½ a green or red pepper
- ¼ cup brown sugar
- ½ teaspoonful white mustard seed
- ½ teaspoonful celery seed
- ¼ cup vinegar
- 1 tablespoonful gelatine
- ¼ cup cold water

Chop the cabbage and pepper together; add the other ingredients. To jelly, soften one tablespoonful of granulated gelatine in one-fourth cup of cold water, and dissolve by setting the dish in hot water, cool a little and add the other articles.

QUERY No. 3960. — "Recipe for Hard Soap for kitchen use."

Hard Soap

- 5 pounds lukewarm melted grease
- 1 can (pound) lye
- 1 quart cold water
- ½ cup cold water
- 3 tablespoonfuls borax
- ¼ cup ammonia
- 2 tablespoonfuls sugar
- 1 teaspoonful salt

Dissolve the lye in the quart of cold water, and let stand until cool; add the fat slowly, stirring constantly. Mix all the other ingredients together, and stir into the first mixture. Continue to stir until the whole is thick and light colored. Line a wooden box or a pan with two strips of cloth, the ends hanging over the opposite sides. Pour in the soap. Before the soap becomes hard, mark into pieces of the desired size. Break the pieces apart and pile them to insure a free circulation of air about them.

QUERY No. 3961. — "Recipes for Cucumber and Tomato Sandwiches."

Cucumber Sandwiches

Cut rounds from thin slices of any variety of bread; spread lightly with butter. Cover close till ready to serve the sandwiches. Pare, slice and cover with cold water the cucumbers to be used. Have ready French dressing made with a little scraped onion pulp and fine-chopped parsley. Dry the cucumbers on a cloth, stir in dressing and set a slice between two pieces of the prepared bread. Serve at once in a sandwich basket or tray. Garnish with parsley branches.

Tomato Sandwiches (1)

Use thin slices of ripe tomato in the same manner as the cucumbers.

Tomato Sandwiches (2)

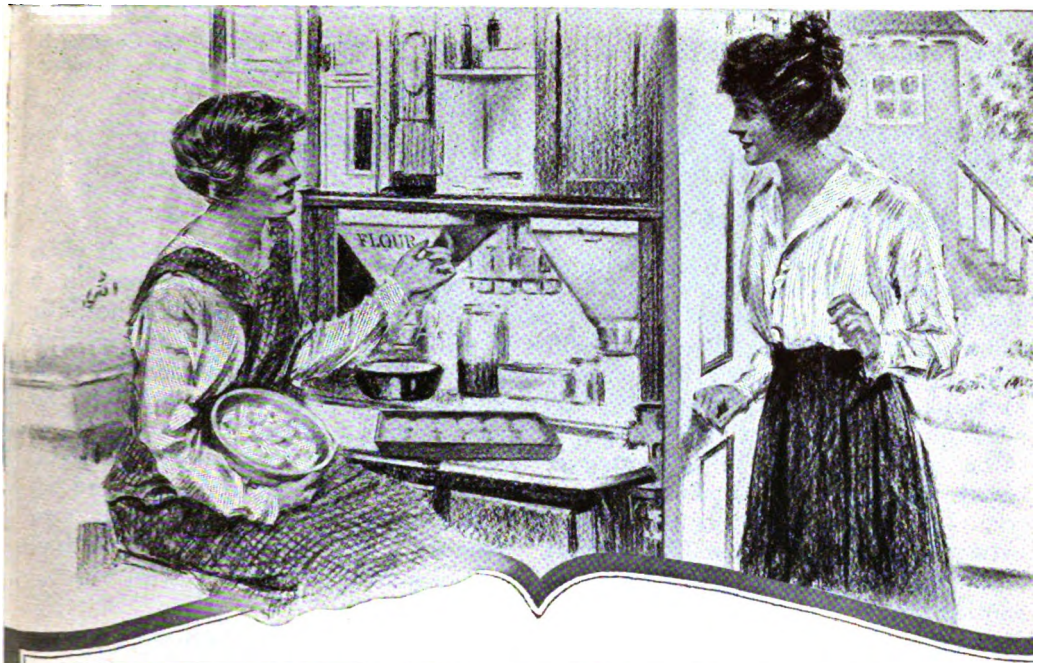
Have ready Sauce Tartare (mayonnaise dressing to one cup of which two tablespoonfuls, each, of chopped parsley, onion, gherkins, capers, and olives have been added), spread the bread with the sauce, and set the slices of tomato between each two slices. Use rye or other dark bread.

Milwaukee Sandwich

- 2 slices white bread
- 1 slice rye bread
- 4 large oysters broiled or fried
- 2 thin slices chicken breast
- 2 slices crisp bacon
- Horseradish
- Lettuce
- 4 small gherkins (sweet)
- 4 small radishes
- 1 tomato
- Sauce tartare

Toast the bread. Set one slice of toast on a plate over heart leaves of lettuce; on this set the oysters, a little horse-radish on each; cover with the rye toast, on this lay the chicken with dressing above; add the bacon and cover with the last slice of toast; on this dispose the pickles and radishes. Remove the skin and hard center from the tomato, fill it with sauce

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Potato Biscuits

"These are Delicious" writes a Teacher of Domestic Science.

1½ cupfuls pastry flour
3 teaspoonfuls baking powder
1 teaspoonful salt
1 cupful mashed potato
¼ cupful Crisco
About ½ cupful milk

(Use accurate **level** measurements)

Sift together the flour, baking-powder and salt; add the potato pressed through a ricer, cut in the Crisco, then use milk, as needed, to mix to a dough that cleans the bowl. Turn on a floured board with the knife to coat with flour; knead slightly then pat and roll into a sheet. Cut in rounds and bake about fifteen minutes in a quick oven.



This recipe has been tested and approved by Good Housekeeping Institute, Mildred Maddocks, Director.

Potato Biscuits—to try them is to like them

THESE are days of cooking surprises. Left-overs, once wasted, now appear as new foods pleasing to the taste and nourishing as well. Frequently Crisco helps in the transformation.

Mashed potatoes, not needed at dinner, may be made into potato biscuits. Crisco makes them invitingly tender. They will help you save flour, too.

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tartare and dispose on a lettuce leaf beside the sandwich.

QUERY No. 3961. — "Do you know of a combination of wheat and some other flour that will make a light and Flaky Pastry?"

Combination of Flours for Flaky Pastry

Our experiments in pastry making with flour combinations are limited in number; and we cannot say what combination will give the most flaky pastry. However, we think the flakiness of the pastry depends quite as much on the handling of it as on the flour used. Wheat with rye, barley, corn or rice flour makes good pastry. Most excellent tasting pastry may be made of barley and rice flour without any wheat flour. The recipe given on another page (Seasonable Recipes) is commended, though it is for plain rather than flaky pastry.

QUERY No. 3962. — "Recipes for Pineapple Tapioca Sponge and Orangeade made with oranges and lemons."

Pineapple Tapioca Sponge

Heat one pint of grated (canned) pineapple in a double boiler; add half a cup of boiling water and one-fourth a teaspoonful of salt, then stir in half a cup of fine, quick-cooking tapioca. Stir occasionally and let cook twenty minutes or until the tapioca is transparent, stir in half a cup of sugar and the juice of half a lemon, then fold in the whites of two or three eggs beaten very light. Serve hot with top milk and sugar.

Orangeade

4 cups boiling water
2 cups sugar
6 oranges
2 lemons

Melt the sugar in the water and let boil, covered, three minutes; let cool, then add the juice of the fruit. Store in fruit jars, closed, in the refrigerator until thoroughly chilled. A beverage should not be over sweet, but tastes differ in this respect. More water or fruit juice can easily be added. Or, if not sweet enough, the next time the syrup may be boiled longer.

QUERY No. 3963. — "Recipes for Cornstarch Pudding with Chocolate Sauce and Chocolate Fillings for Cake."

Cornstarch Pudding

1 quart milk
¾ cup cornstarch
½ cup sugar
1 teaspoonful salt
2 eggs
½ cup sugar

Reserve a little of the milk to mix with the cornstarch and scald the rest in a double boiler. When the milk is hot, stir in the cornstarch mixed with the cold milk; add the sugar and salt and stir until the mixture thickens, then cover and let cook twenty minutes; beat the eggs, beat in the second quantity of sugar, and stir into the hot mixture; cover and let cook, stirring occasionally, about five minutes or until the egg is set. Serve with rich milk and sugar or with

Chocolate Sauce

1½ cups granulated sugar
½ cup cocoa
1 cup boiling water
½ teaspoonful vanilla extract

Mix together the sugar and cocoa, add the boiling water, and stir and cook until the mixture boils; let boil five or six minutes. Use hot or cold. Flavor just before using. This sauce is good on ice cream, boiled rice, cottage pudding, etc.

Chocolate Sauce

1 cup boiling water
1 cup sugar
1 level tablespoonful flour
2 squares chocolate
½ teaspoonful vanilla extract
1 egg yolk, beaten light

Mix and sift together the flour and sugar, pour on the boiling water and stir and cook until boiling. Add the chocolate and let cook over boiling water ten minutes. Beat in the egg and add the vanilla.

Chocolate Filling I

(For Cream Pie, Cream Puffs, etc.)

1 or 2 ounces chocolate
2 tablespoonfuls sugar
1 cup double cream

Melt the chocolate, add the sugar and two tablespoonfuls of the cream, and stir until smooth and boiling; add to the rest of the cream and let chill thoroughly, then beat until firm.

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RYZON MUFFINS

(Page 20, RYZON Baking Book)

4 level teaspoonfuls RYZON.
1½ level cupfuls (6 ounces) flour.
2 level tablespoonfuls (1 ounce) sugar.
1 level teaspoonful salt.
⅞ cupful (scant ½ pint) milk.
2 tablespoonfuls (1 ounce) butter.
1 egg.

Sift flour once, measure, add RYZON, salt and sugar and sift four times, add milk gradually while stirring constantly. When smooth and free from lumps add butter, melted, mix, add egg, beaten until thick and light colored, beat well, and pour into well-greased hot gem pans. Bake twenty minutes in a hot oven.

Sufficient for twelve muffins.

RYZON WAR-TIME MUFFINS

(as revised)

4 level teaspoonfuls RYZON.
½ cupful barley flour.
¼ cup (1 oz.) rice or corn flour.
1 cupful corn syrup.
1 level teaspoonful salt.
1¼ cupfuls milk and water.
2 tablespoonfuls butter substitute.
1 egg.

HOW RYZON RECIPES CAN BE REVISED TO MEET PRESENT DAY REQUIREMENTS.

THE RYZON recipes can be made wholly or partly wheatless without difficulty. Using the RYZON Muffin recipe and its adaptation as examples, you can alter other RYZON recipes yourself, following these proportions.

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Chocolate Filling II

1½ cups hot milk
¼ cup flour
¼ cup cold milk
½ teaspoonful vanilla
2 eggs
¾ cup sugar
¼ teaspoonful salt

Mix the flour and salt with the cold milk and stir into the hot milk; continue stirring until the mixture thickens, then cover and let cook fifteen minutes. Beat the yolks of the eggs, add the sugar and beat again, then stir into the hot mixture; continue to cook until the egg is "set," then fold in the whites of the eggs, beaten dry; when the white is "set," remove from the fire and beat occasionally until cold, then add the vanilla.

Chocolate Filling III

½ cup butter or butter substitute
2 cups confectioner's sugar
2 squares chocolate, melted
½ teaspoonful cinnamon
½ teaspoonful vanilla

Cream the butter, gradually beat in the sugar, chocolate and other ingredients.

Query No. 3964. — "Recipe for syrup to be used in canning various fruit."

Light Syrup for Canning Raspberries, Apples, etc.

Four cups water and 2 cups sugar; heat enough to dissolve the sugar.

Medium Syrup for Canning Sweet Plums and Cherries

Four cups water and 3 cups sugar; heat to dissolve sugar.

Thick Syrup for Peaches, Pineapples, etc.

Four cups water and 5 cups sugar; heat to dissolve sugar.

Rich Syrup for Strawberries, Currants, Sour Cherries

Four cups water and 5 cups sugar boiled to soft-ball degree.

Query No. 3965. — "Recipe for Canning Grape Juice."

Canned Grape Juice

Crush the grapes; add one cup of water to each four quarts of grapes and let heat in a double boiler or over boiling water. When the skins are tender, drain in a jelly bag over night. Pour off the clear juice from the sediment and turn into sterilized fruit jars, filling them to overflow; adjust the rubbers, dipped into boiling water, and sterilized covers, and set into wash boiler, steamer or canner to remain until hot throughout. In a wash boiler, the water should come to within an inch of the top of the bottles; heat the water gradually to the boiling point and let boil about one hour. Less time is needed in pint jars or bottles. Return the grape pulp in the bag to a saucepan, cover with water and let simmer from twenty to thirty minutes. Drain and store at the boiling point as in canning in the open kettle for making jelly. Other extractions may be made in the same manner; as the last extractions are rather dilute, the jelly is better if mixed with the second extraction or with the first extraction of apple juice.

Query No. 3966. — "Recipe for Alligator Pear Salad without wine."

Alligator Pear Salad

Cut the "pears" in halves, discard the seeds and remove the pulp from the skin with a teaspoon; dispose on a bed of heart leaves of lettuce. Mix a dressing in the proportion of two tablespoonfuls of lemon juice to two of oil and one-fourth a teaspoonful, each, of salt and paprika. Pour over the pulp and serve at once. The fruit discolors very quickly and should not be made ready until needed. The lemon juice may be poured over the fruit, and then the oil added with the salt and paprika. The pulp is often served with tomatoes, when a little onion juice is mixed in the dressing. The fruit contains a large proportion of fat. On this account mayonnaise is not often served with it and, in making French dressing for it, equal measures of oil and acid are quite generally employed.

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Puffed Rice Dishes for Lilac Time

About lilac time the demand for Puffed Rice reaches zenith. Don't miss it for a day.

Every dish of berries calls for these crisp, flaky bubbles. Without them it's like shortcake minus crust.

Every bowl of milk, at noon or night, needs these airy, toasted globules. Nothing else has half of their delights.

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New Books

Caroline King's Cook Book. By CAROLINE B. KING. Cloth, $1.50 net. Little, Brown & Co., Publishers, Boston.

Here are the simple recipes for making bread, cake, pastry, soups, sauces, salad dressing, omelettes, etc., and the rules for roasting, baking, frying and preserving. Learn these elementary recipes and rules and cooking becomes easy. A single bread recipe is the base for practically every variety of bread known — from the plain loaf to the most elaborate rusk or bun or coffee cake. One rule for sauce or salad dressing is all a housewife needs to master; every possible combination in sauce or dressing is based upon it.

This is the plan of the author, and something may be said in its favor. The chef works from fundamental principles, paying little heed to descriptive details; so the housewife should learn the rudiments of cookery and build upon a solid and comprehensive foundation, a firm understanding of the entire subject. One who wishes to become a natural, successful cook and housekeeper will find helpful guidance in this volume.

Everyday Foods in War Time. By MARY SWARTZ ROSE. Price, $0.80. The MacMillan Company, 66 Fifth Ave., New York.

This little book has been written in response to a request for a war message about food. To change one's menu is often trying; to be uncertain whether the substituted foods will preserve one's health and strength makes adjustment doubly difficult. Mrs. Rose seeks to make it easier to "save wheat, meat, sugars and fats" and still prepare an acceptable bill-of-fare without excessive cost. Among her chapters are The Milk Pitcher in the Home, Cereals We Ought to Eat, The Potato and Its Substitutes, "Sugar, Spice and Everything Nice," and On Being Economical and Patriotic at the Same Time.

The principles discussed by the author in these pages are scientifically correct; the advice given to housewives is excellent. For instance, what could be better than this: "The aim of good home cooking should be to please the family with what they ought to eat." It follows without saying that the housekeeper who grasps the information to be gained from these pages, and applies it in the conduct of her household, cannot go far astray.

Everywoman's Canning Book. By MARY B. HUGHES. Cloth, $0.75 net; postage extra. Whitcomb & Barrows, Publishers, Boston, Mass.

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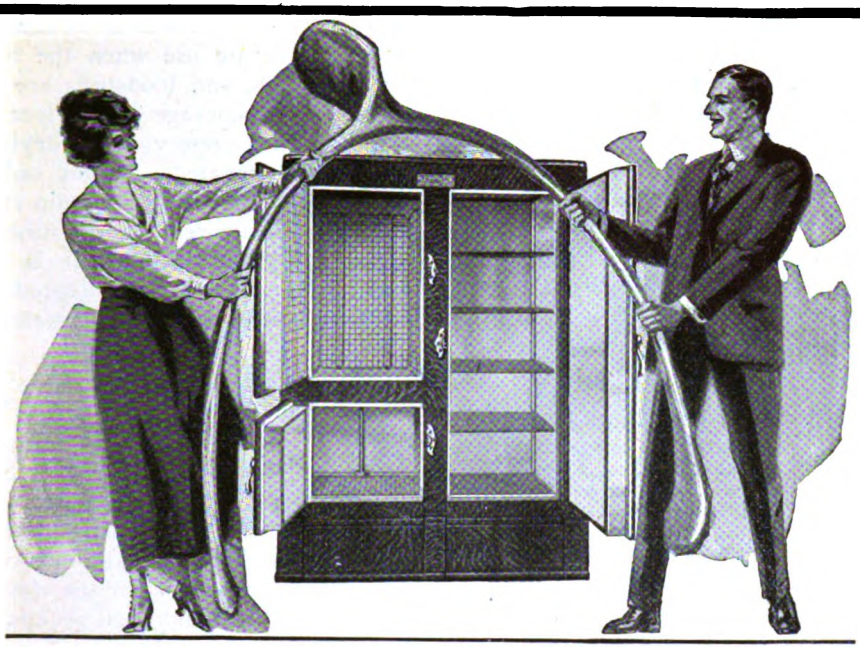
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way to conserve foods is to can or dry them for future use when the harvests are abundant and foodstuffs are low in price. To encourage housewives to do more canning, preserving and drying, this book was prepared. It not only tells just what is necessary to obtain right results, but it answers the questions most frequently asked. Indeed, it is a very practical book and well adapted to the needs of housekeepers at the present day.

"Food in War and Peace"

THE United States Food Administration, in co-operation with the Department of Agriculture and the Woman's Committee of the Council of National Defense, has issued a pamphlet containing a series of lessons for the special use of clubs and neighborhood groups, showing what the nation is asked to do about the food supply, and why. The lessons have been prepared in response to many requests for a simple and brief statement of the kind and quantity of food needed for health, and of the ways in which changes may safely be made, so that the requests of the Food Administration for saving, substituting, and using the various foods may be intelligently, rather than arbitrarily, obeyed.

Each lesson has been prepared by a specialist whose authority is unquestioned. United States Food Administrator Hoover has explained the present situation in his discussion of "Food and the War"; Dr. Graham Lusk, of the advisory committee on food utilization of the Food Administration, has told us what food we should use for a day, and has explained "calories" and other puzzling terms; Dr. Alonzo E. Taylor, who is associated with the Food Administration and with the War Trade Board, and who has spent much time abroad since the war began, has told us about wheat, why we should save it and how to use it. Other lessons have been written by Dr. C. F. Langworthy and Miss Caroline Hunt of the Office of Home Economics, and Dr. Charles J. Brand of the United

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Penny Saver

Receipt given in Conservation Cook Book



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THIS little book contains 138 practical recipes for delicious foods like the one given below, most of them made from "left-overs" of meat, vegetables and fruits that are ordinarily wasted —all of them approved by the leaders of the food conservation movement.

It will help you to meet your patriotic duty in saving the foods needed by our Soldiers and our Allies. Send for a free copy. A post card will bring it if you mention your dealer's name and address.

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Fruit Jelly

A cup of fruit juice left over from fresh fruit (or canned) may be used for a jelly dessert. Heat fruit juices, add a tablespoonful Knox Sparkling Gelatine first softened in one-half cup cold water, juice of one-half lemon, and sweeten to taste. For a dessert serve with a little top cream or sweetened milk, or for a salad serve on lettuce leaves with or without mayonnaise dressing. A sliced banana or any fruit may be added when it begins to thicken, or at serving time, jelly may be surrounded with some seasonable fruit.

States Office of Markets, Department of Agriculture; by Dr. E. V. McCollum of Johns Hopkins, Dr. Lafayette B. Mendel of Yale, and Dr. Ruth Wheeler of the University of Illinois. Miss Ida M. Tarbell has written the introduction to the lessons.

A number of practical suggestions and some recipes have been added by the editors to each of these papers, as well as a few references, and a list of lantern slides.

The lessons may be obtained in each state from the Federal Food Administrator. A limited free edition has been issued. Arrangements may also be made with the Federal Food Administrator for the use of the lantern slides.

How Canning Widens Food Use

Canning is not only a means of preserving food, but of making available to the public articles which would otherwise be consumed only in limited quantities. An instance is sauerkraut, the canning process being directly responsible for a tremendous increase in consumption of kraut, which could be widely distributed in no other form. The packing of beans in cans has brought about an even greater increase in their consumption. It has multiplied the demand many times. Hominy is eaten today in tens of thousands of households, which scarcely would have so much as heard of the existence of this most wholesome, nourishing, and economical food product. People are enabled, by the canning business, to have pumpkin pies the year around.

The moral is plain. Large numbers of our people must eat *no wheat* whatever for three months, or this great task we have undertaken is doomed to ignominious failure. Already the great hotels have taken the pledge. Men and women of independent means have fallen into line. Which would you rather — eat wheat bread lavishly and live in a world tributary to Germany, or eat no wheat until next harvest and be free?

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NESNAH FROZEN DESSERTS

Raspberry Nesnah Milk Sherbet

For 1 Gallon — 3 quarts milk — 3 packages **Nesnah**

Heat three quarts of milk lukewarm (remove from stove), drop into it three packages of Raspberry **Nesnah** and stir quickly for one-half minute to dissolve. Pour into the ice-cream can and allow it to stand undisturbed ten or fifteen minutes or until set. Pack with ice and salt and freeze in the usual way.

CHOCOLATE NESNAH ICE CREAM

For 1 gallon ice cream

2 quarts milk, 1 pint cream, 3 packages of **Nesnah**



Heat two quarts of milk lukewarm (remove from stove), drop the Chocolate **Nesnah** into it and dissolve by stirring for one-half minute. Pour mixture into ice-cream can and let it stand undisturbed ten or fifteen minutes until set; pack with ice and salt; freeze to a thick mush before adding cream, plain or whipped, then continue freezing.

Crushed and sweetened fruit can be added with the cream when desired.

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attempt "Cold Pack" canning with old-fashioned "Hot Pack" Rubbers.

When you reverse the jar to test the seal and a jet of hot liquid spurts out, there is only one thing to do—get a better ring and re-sterilize the jar. The best remedy for this trying accident is to provide yourself in the first place with

GOOD LUCK

The Original COLD PACK Jar Rubbers

When properly adjusted they unfailingly give a perfect seal. They are so thick and elastic that every crevice between the jar and the cap is filled.

Canning experts use Good Luck Red Rubbers in teaching the new Cold Pack method of canning for fruit and vegetables. Good Luck Rubbers are also used and recommended by culinary authorities all over the country.

GOOD LUCK RUBBERS are standard equipment on Ball Ideal, Atlas E-Z Seal, Putnam Lightning, Smalley's Eureka and other light jars.

The new edition of our booklet, "GOOD LUCK IN PRESERVING," teaches you the Cold Pack method and gives many delicious recipes. Send a 3 cent stamp for it today. If your grocer doesn't keep GOOD LUCK RINGS, send 15 cents in stamps for a sample dozen or 25 cents for two dozen.



BOSTON WOVEN HOSE & RUBBER CO.

27 Hampshire Street, Cambridge, Mass.

The Silver Lining

Bre(a)d to the Colors

Before the war, I used to think
No meal could be complete
Unless the welcome loaf of bread
Were made of snowy wheat;
But now I've tried so many kinds,
Of bread, I have no choice.
I've learned to like them all so well,
I equally rejoice

At
Corn bread, graham bread,
Bread made out of oats;
Barley bread, and bran bread
I once thought but for goats.

I try each recipe, of course,
A person recommends.
You'd be surprised to know the sum
Of these from all my friends.
And when I seek the kitchen realm,
The cook, good, old black Hannah,
Says, "Bress de Lord! I nebber saw
So many kinds ob manna!"

There's
Rice bread, potato bread,
Buckwheat bread — O, my!
The *staff of life* I'm leaning on
While coming through the *rye'*

And when the war is over, why,
I'll miss the camouflage
Of war-time breads that gave the tone
To my entire *ménage.*
I'll miss the tints and deeper shade
Of morsels that I bite.
I shall not be content to have
The color-scheme plain white.

But
Black bread, brown bread,
Yellow, gray, and tan —
No less than khaki hue, will do
To fill the inner man!

— *Blanche Elizabeth Wade.*

Thankful for His Braces

It was Christmas Eve in camp, and very cold at that. There was a certain amount of confusion, owing to the Christmas festivities, and leave and so forth, and one man was unable to find any of his outer garments. He wandered about, shivering, and asking all his mates if they knew where they were.

"Has any one seen my b-b-blanket?" he demanded, and was told that no one had.

"Has any one seen my t-t-trousers?" No answer.

(Continued on page 72)

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The Celebrated, World Famous

Faust Coffee and Tea

Now Also in the Instant Form

NO POT — NO GROUNDS — NO LEAVES — NO BOILING OR COOKING — NO STRAINING

Simply Put Soluble Powder in Cup and Add Hot Water

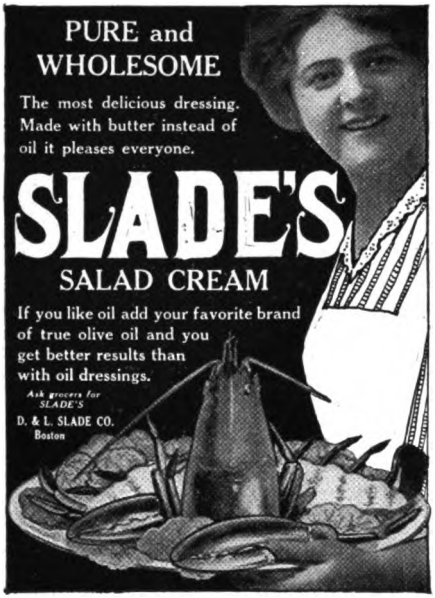
That's all you have to do for the most delicious coffee or tea you ever tasted. You can't make it wrong. It will be the same every time — wonderful in flavor, healthful instead of harmful — economical, convenient, instant.

Purchase FAUST INSTANT COFFEE OR TEA from your grocer today. If he does not carry send dealer's name and 30c. (foreign 40c.) for Coffee or Tea. Dealers supplied direct or by any jobber. JOBBERS — WRITE US.

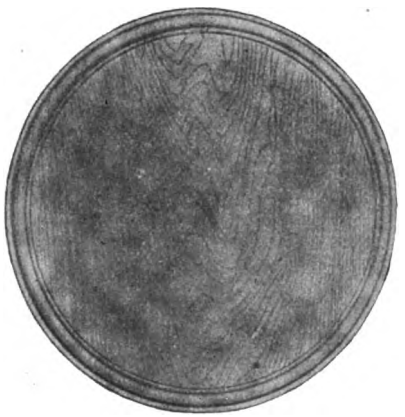
FAUST INSTANT COFFEE & TEA

C. F. BLANKE TEA & COFFEE CO. ST. LOUIS

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Ask your Grocer for SLADE'S Spices and Specialties, for these will surely please you



BREAD BOARD

Eleven-inch turned maple bread board. The edge of this board is undercut like a dinner plate making a finished and attractive article. Sent, prepaid, to any present subscriber for securing and sending us one (1) new yearly subscription for **American Cookery**. Cash price, 75 cents.

The Boston Cooking-School Magazine Co.
Boston, Mass.

WHEATLESS - MEATLESS MEALS

84 Menus, 124 Recipes, directions for preparing each meal, food values, substitutes, timely suggestions, etc. 10c or **FREE** for names of friends interested in Domestic Science.
School Home Economics, 503 W. 69th St., Chicago, Ill.

The Possibilities of Cheese

(Concluded from page 29)

Hard, green cheese (sage cheese) is made from skim and buttermilk, mixed with thoroughly sour goat curd, and is then heated to boiling point; the curd is put into sacks and weighted down with stones to ferment for from three to six weeks. Then it is grated, mixed with powder of melilotus-clover and salt, pressed into forms, kept so for one week, and is then dried on scaffoldings for from two to six months.

In order to secure a superior product, one should not store cheese in a mouldy place, and should rub the outside from time to time with salt, rum or wine. The rum kills the cheese mite. (This mite is frequently found in hard cheeses; it is the product of the cheese fly; it turns the cheese into a dry powder.

In ripening the cheese, low temperatures produce mild cheeses, while high temperatures produce snappy cheeses.

Cheese is one of the most thankful foods in the body chemistry, ninety-six per cent being exploited by the juices of the stomach and of the intestinal tract.

But while cheese is cheap compared with meat, and ranks high as a food product, yet it is not to be recommended for consumption by children, nor is it to be urged on those who suffer from skin diseases, or who are affected with poor digestion.

If cheese is added to corn meal, it produces a greater utilization of the corn meal constituents, and, as an economical measure, it should always be served with cornbread.

In American Cheddar-cheese the curd is first permitted to sour, and that is what gives to this product its particular flavor.

Canadian and Club House cheeses are made from Cheddar cheese, grated, mixed with cream and flavoring material, and are then filled into jars.

One pint of milk gives two and one-half ounces of fat, soft cheese (not pressed), such as Camembert, Brie, etc.

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HEBE

PATENTS PENDING



The New Food Product

THE thousands of housewives now using Hebe know it for a pure, wholesome food product which is not only economical but gives full satisfaction in every day use. It has been fully tested and recommended as follows:

for Coffee

Hebe gives coffee a tempting, golden-brown color and enhances its flavor. Hebe helps to make delicious cocoa and chocolate.

for Cooking

Dilute Hebe with pure water to the richness desired. Use it in all recipes for soups, oyster stews, gravies, sauces, creaming vegetables and fish, making custard, cookies, puddings, desserts, etc.

for Cereals

Pour Hebe diluted, or undiluted if preferred, over corn flakes, wheat flakes, puffed grains, porridge, oatmeal, etc. Cereals cooked with Hebe are most appetizing.

Hebe combines the proteins and other healthful properties of evaporated skimmed milk with the highly refined nutritious fat of the cocoanut.

You may live in a section where Hebe cannot now be obtained. As production increases the needs of your section will be supplied through your local retail grocer.

THE HEBE COMPANY, CHICAGO AND SEATTLE, U. S. A.

Guaranteed to be pure and wholesome

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BIG SAVING ON FUEL WITH MY
Rapid Fireless Cooker



Be sure to get my special low factory price. Saving in fuel is now every woman's duty and my Rapid saves two-thirds fuel cost. Saves on food. Better living.

30 Days' Trial Free

Test my Rapid thoroughly. Money back if not satisfactory. Aluminum-lined throughout. Full set of aluminum utensils. Ask for free book of recipes.

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RECIPES TO CONSERVE WHEAT

as well as

Sugar and Fats

Our newest booklet contains these.

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DOMESTIC SCIENCE

HOME-STUDY COURSES

Food, Health, Housekeeping, Clothing, Children. ***Courses for Homemakers, Teachers, Dietitians, Managers, Home Demonstrators, Nurses, etc.*** "THE PROFESSION OF HOME-MAKING." 100 page handbook, FREE. Bulletins: "FREE HAND COOKING," 10 cents. "FOOD VALUES," 10 cents. "FIVE CENT MEALS," 10 cents.

AM. SCHOOL HOME ECONOMICS, 503 W. 69th St., CHICAGO



The unfortunate Tommy scratched his head for a moment.

"Well, I'm jolly g-g-glad I have got a n-nice w-w-warm pair of b-b-braces!"

— *Tid-Bits.*

The amenities of trade are sometimes sorely tried. "What's the dispute about?" demanded the shopkeeper. "Remember, in this store the customer is always right." "He says you're an old shark," explained the clerk briefly.

— *Louisville Courier-Journal.*

A bell-hop, says a college wit, passed through the hall of the hotel, whistling loudly. "Young man," said the manager, sternly, "you should know that it is against the rules of this hotel for an employee to whistle while on duty." "I am not whistling, sir," replied the boy, "I'm paging Mrs. Jones's dog."

Recently there has been placed upon the market a combination table-wagon surpassing anything yet attempted in this line.

It is fitted with two large, deep undershelves, a double drawer, and a handsome glass serving tray.

This article of furniture fills all the requirements of any wheeled tray, and is so substantially made that it answers as well for a writing table, serving table or card table.

One must use this table to fully appreciate its convenience, and how it saves steps. The wheels are rubber tired, large enough to work easily and do so without noise.

For an illustrated circular, more fully describing these tables, write to The Combination Products Co., Steger Bldg., Chicago, Ill.

An Indignant Inquiry

One broiling August day an aged "cullud gemman" who was pushing a barrow of bricks paused to dash the sweat from his dusky brow; then, shaking his fist at the sun, he apostrophized it thus:

"Fo' the Lawd's sake, war wuz yuh last Janooary?" — *Everybody's Magazine.*

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One Socket - Two Uses

When you simply *must finish* that ironing

—and it's already dark

—and there's only one socket for both light and iron

—then you'll be thankful you have a

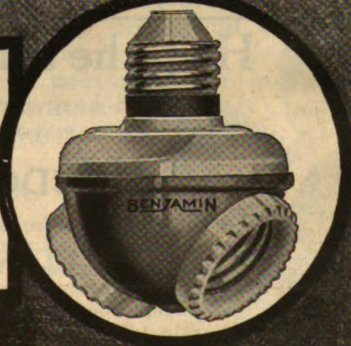
BENJAMIN TWO-WAY PLUG

It makes one socket do double duty. You get *both* heat and light where before you had only one or the other. Ask for Benjamin Two-Way Plugs today.

Sold by electric light companies and all dealers in electrical goods at

$1.00 EACH





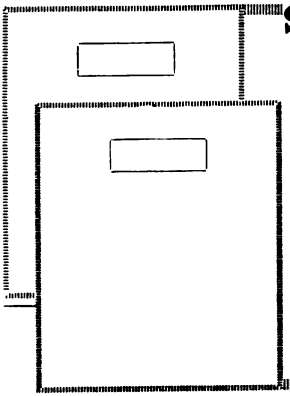
Double Service From Electricity

The Benjamin Two-Way Plug provides power for any home electric appliance as well as light from the same socket.

Benjamin Electric Manufacturing Co.
CHICAGO

New York — BENJAMIN PRODUCTS — San Francisco

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SAVE!

food - time - effort

by adopting

FOOD PREPARATION

A Laboratory Guide and Note-Book for High School Classes in Domestic Science

By BETH WARNER JOSSERAND

This book makes possible more and better work with less time and effort. It enables the student to proceed without the necessity of blackboard or dictation work. It raises the standard in the teaching of food and food preparation. It is scientific and yet thoroughly practical. No additional text is required.

It has already proved its value by successful use in many schools throughout the country. Published in two parts: I for elementary classes and II for advanced classes.

Price, postpaid, $1.25 per part. Discount in quantities

THE MANUAL ARTS PRESS **PEORIA, ILL.**

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Talk them over with other business men, whose problems are much like yours. Come, help advertising help win the war. Meet with other alert men at

San Francisco

JULY 7 to 11

Every Business Man is invited to attend this convention of advertising men. The Government calls for co-operation. Come. For information, please address:

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Merchants Bank Bldg.
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For safety, steadiness, speed and genuine value, none can compare with them.

Send for new catalogue.

MORRIS CANOE COMPANY

145 State Street **VEAZIE, ME.**

Trade Mark Registered.

Gluten Flour

40% GLUTEN

Guaranteed to comply in all respects to standard requirements of U. S. Dept. of Agriculture.

Manufactured by
FARWELL & RHINES
Watertown, N. Y.

SEVEN-CENT MEALS $1.50 per we per person: meals with recipes and directions for preparing each. 1 or **FREE** for names of four friends interested in Domest Science.

Am. School Home Economics, 503 W. 69th St., Chica

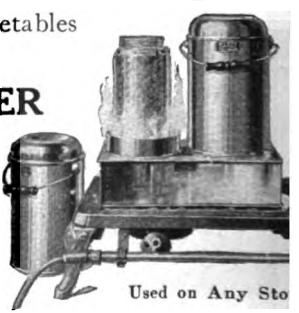


Help the Nation Conserve the Food Supply

and have plenty of delicious fruits and vegetables in your home next winter by using the

MUDGE PATENT CANNER

Fully ripe fruits easily canned, keeping natural form, color and flavor. Quicker and cheaper than preserving—sugar unnecessary. Vegetables also quickly canned. Used on any stove. Endorsed by highest authorities—book of directions one-period cold-pack method. Simple to operate. Write today for descriptive circular and price list.



Used on Any Sto

BIDDLE-GAUMER COMPANY
3846 B. Lancaster Avenue - Philadelphia

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"Wasn't it lucky we had ham for dinner!"

"We invited the Huntingtons for dinner, and they never appeared till bedtime! Their motor broke down, of course — miles from a telephone or anything.

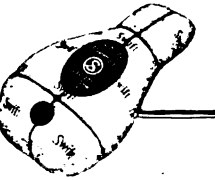
"I was sorry about dinner — Tom Huntington is so fond of baked ham that we had one especially for him.

"But in a few minutes Mary and I had thin-sliced sandwiches ready and steaming coffee, and Tom said if there was one thing he liked better than baked ham it was ham sandwiches!

"That's because it was Swift's Premium! Now that we have a whole ham only on special occasions, since signing the food pledge, I'm always particular to get a Swift's Premium Ham — it has such a wonderful, sweet flavor.

Swift & Company, U. S. A.

Swift's Premium Ham



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Experience has shown that the most satisfactory way to enlarge the subscription list of American Cookery is through its present subscribers, who personally can vouch for the value of the publication. To make it an object for subscribers to secure new subscribers, we offer the following premiums:

CONDITIONS: Premiums are ***not*** given ***with*** a subscription or ***for*** a renewal, but only to ***present*** subscribers, for securing and sending to us ***new*** yearly subscriptions at $1.50 each. The number of new subscriptions required to secure each premium is clearly stated below the description of each premium.

Transportation ***is*** or ***is not*** paid as stated.

INDIVIDUAL INITIAL JELLY MOULDS



This shows the jelly turned from the mould

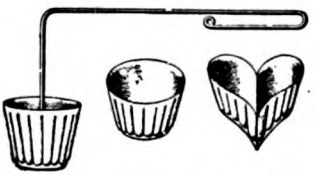
Serve Eggs, Fish and Meats in Aspic; Coffee and Fruit Jelly; Pudding and other desserts with your initial letter raised on the top. Latest and daintiest novelty for the up-to-date hostess. To remove jelly take a needle and run it around inside of mould, then immerse in warm water; jelly will then come out in perfect condition. Be the first in your town to have these. You cannot purchase them at the stores.



This shows mould (upside down)

Set of six (6), any initial, sent postpaid for (1) new subscription. Cash Price **75 cents.**

"PATTY IRONS"



As illustrated, are used to make dainty, flaky patés or timbales; delicate pastry cups for serving hot or frozen dainties, creamed vegetables, salads, shell fish, ices, etc. Each set comes securely packed in an attractive box with recipes and full directions for use. Sent, postpaid, for one (1) new subscription. Cash price, **75 cents.**

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Does the work quicker and better than it can be done in any other way. One will be sent postpaid to any present subscriber as a premium for securing and sending us one (1) new yearly subscription. Cash price, **75 cents.**

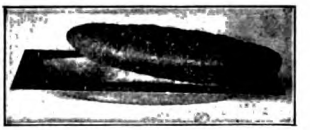
FRENCH ROLL BREAD PAN



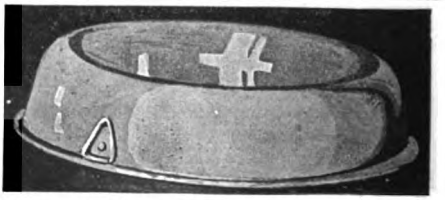
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Best quality blued steel. 6 inches wide by 13 long. Two pans sent, prepaid, for one (1) new subscription. Cash price, **75 cents** for two pans.

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Two of these pans sent, postpaid for one (1) new subscription. Cash price, **75 cents** for two pans.



HEAVY TIN BORDER MOULD

Imported, Round, 6 inch

Sent, prepaid, for one (1) new subscription. Cash price, **75 cents.**

THE BOSTON COOKING-SCHOOL MAGAZINE CO. :: :: Boston, Mass.

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for the Table

for all Cooking



Pour from the Package

An every meal Necessity

MORTON'S SALT



IT is *so much* easier and more accurate than the old "pinch o' salt" way—simply to pour Morton's direct from the package. Morton's is *real* salt, as most good housekeepers know—uniform, full-strength and free-running in all weather.

When it rains **IT POURS**

Per Package 10c; West of Rockies 12½c

Send for the Morton Salt Booklet—more than 100 valuable uses

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AND VACATION OUTING COMBINED

Mrs. Hill's Summer School of Cookery at "Topo Pino" South Chatham, N. H. Opens Wednesday, July 3rd, for the Fifteenth Season

First Lesson of the Session is given Thursday Morning, July 4th



The school is for beginners in cooking, for housekeepers, college girls, for teachers who are desirous of adding to their knowledge of cookery and dietetics, and for women taking up Tea Room work.

Special attention will be given to canning fruit and vegetables, making marmalade and jelly and the use of other grains than wheat.

Instruction is given in the art of giving demonstrations in cooking, and opportunity is offered for the actual giving of demonstrations by the pupils.

A well-filled ice house, a plentiful supply of milk, fresh eggs and berries, renders work in all varieties of frozen dishes a possibility for each day of the season.

Every woman is called upon to do her full share in the present crisis.

Come to Chatham and make yourself more efficient to meet the exigencies of wartime.

Pupils may specialize in work on Food Conservation, with demonstrations.

For circular of terms and other information, apply in person or by letter to

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CANNING, PRESERVING AND JELLY MAKING

By JANET McKENZIE HILL

The economic condition of the times demands that all surplus vegetables and fruit be carefully preserved for future use. Modern methods of canning and jelly making have simplified and shortened preserving processes. In this book the latest ideas in canning, preserving and jelly making are presented.

We will send a copy of this book, postpaid, on receipt of price, $1.00.

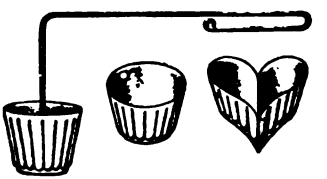
We will send a copy of this book, postpaid, and renew your subscription for **American Cookery** one year, both for $2.25

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have almost doubled in price.

BUT, until our present stock is used up, we will send a set postpaid, to any present subscriber, as a premium for securing and sending us one (1) new yearly subscription for **American Cookery** at **$1.50** (cash price of Patty Irons 75 cents.)

Patty Irons are used to make dainty, flaky pates or timbales; delicate pastry cups for serving hot or frozen dainties, creamed vegetables, salads, shell fish, ices, etc. Each set comes securely packed in an attractive box with recipes and full directions for use.

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Get a Better Built Kabinet at the Wholesale Price



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LET us put this wonder of a kitchen kabinet in your home on 30 days' trial. Here is the ideal of all Kitchen Kabinets —the Kalamazoo—made entirely of metal! Sanitary—easy to keep clean—cannot warp—cannot wear out—built for lifetime use. White enameled from top to bottom, inside and out—steel frames, nickel trimmings—really a beauty in every way, and sold at a low price direct from manufacturers.

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Pay As You Use This wonder of a kabinet would be beyond the reach of most folks if it were not for our factory-to-you price. Write and let us tell you what the price is for the kabinet, delivered freight prepaid by us to your nearest railroad station. Here is a kabinet that will last for years and years and always look as good as the day you first put it in your kitchen.



Get a white enameled all metal table, too. We have them in several styles at money-saving prices. Get our catalog.

A Kalamazoo "Direct to You"

Save a Thousand Steps a Day

Think of the work this white enameled all metal kabinet would save you. Sit down while getting your baking ready—have a place for everything and everything at your fingers' ends. Save steps—save time—make play of kitchen work. Write for our new catalog telling all about it and showing several styles of Kalamazoo White Enameled Kitchen Kabinets and Tables, in true colors—and quoting money-saving factory prices.



8 PIECE Crystal Set FREE Without extra charge we will include rich 8-piece crystal set for tea, coffee, spices, etc., white glass rolling pin, and patented bread board with each kabinet. Here's your opportunity. Don't miss it. You've always wanted a kitchen kabinet—here it is, and a better built one—more sanitary—and you get it direct to you from manufacturers at the wholesale price. ***Write today.*** A postal will do.

Ask for Catalog No. 33.

Kalamazoo Stove Company, Manufacturers
Kalamazoo, Michigan

Also get our money-saving prices on Kalamazoo coal, wood and gas ranges and furnaces and oil stoves. All in one catalog—No. 33.

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IVORY quality, Ivory whiteness, Ivory purity, Ivory mildness, Ivory fragrance, Ivory lather, and the fact that Ivory Soap floats—all are essentials of the delightful toilet and bath that cannot be displaced. Nor can they be improved, because they have as their basis the choicest materials the world affords, the most expert skill in manufacture that thirty-nine years' experience can develop, and the avowed determination to keep Ivory Soap beyond competition. Nothing seems lacking in the most modest bathroom when Ivory Soap is at hand. The most elaborate bathroom is not complete without it.

IVORY SOAP. IVORY IT FLOATS . 99 44/100 % PURE

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Restores the "new" look to white shoes—

I used to paint right over the grime and stain with a shoe-whitener, and then, as soon as the whitener rubbed off, the stains would show again. *Now* I scrub off the grass-stains and mud-stains with Bon Ami and uncover the original whiteness. That makes them look like new shoes again—none of that daubed-over, whitewashed appearance!

I won't need any shoe-whitener until the original whiteness is actually worn through. Then I shall still use Bon Ami to get a good clean basis for the whitener.

For canvas, cloth, and leathers, except white kid.

Made in both cake and powder form



THE TUDOR PRESS, BOSTON

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Pure, delicious, wholesome
A well made cup of
BAKER'S COCOA
is a large part of a good meal.
It is practically all nutrition, very little waste, and its use saves other foods.

TRADE MARK ON EVERY PACKAGE

WALTER BAKER & CO. LTD.
ESTABLISHED 1780 DORCHESTER, MASS

Established 1858
Sawyer's Crystal BLUE
For the Laundry
The People's Choice for Sixty Years



DOUBLE STRENGTH
Best and Goes Farthest
Makes white clothes whiter and colored fabrics brighter.

SAWYER CRYSTAL BLUE CO.
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Sold in Sprinkling Top Bottles

SAWYER'S CRYSTAL BLUE
THE BEST FOR 60 YEARS For the LAUNDRY

"Choisa"
Orange Pekoe
Ceylon Tea



Packed in Parchment-lined
One pound and half-pound Canisters

Pure Rich Fragrant

S. S. PIERCE CO.
BOSTON BROOKLINE

Mother's Purchasing Agent



Buying Right

Mother's "little purchasing agent" has instructions that call for

STICKNEY & POOR'S
Extra Fine
Mustard

Spices, Seasonings and Flavorings and which declare against any substitution.
The purity, goodness and efficiency of the Stickney & Poor Standard Products is a matter of early education in every household.
For Goodness Sake say Stickney & Poor to your grocer-man.
Your Co-operating Servant, "MUSTARDPOT"

STICKNEY & POOR SPICE COMPANY
1815—Century Old Century Honored—1918
BOSTON, MASS.
Mustards-Spices Seasonings-Flavorings
THE NATIONAL MUSTARD POT

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AMERICAN COOKERY

Vol. XXIII AUGUST-SEPTEMBER, 1918 No. 2

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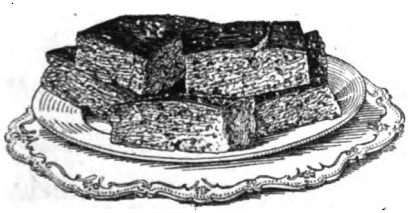
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CURTAINS ARE PRINTED LINENS

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American Cookery

VOL. XXIII AUGUST-SEPTEMBER, 1918 No. 2

Harmony in the Breakfast Room

By Mary Harrod Northend

WHEN breakfast rooms first came into fashion it is hard to determine, but it is an innovation which should be worked out in every home. We gather around the table on this, the first meal of the day, informally, which makes it possible that the furnishings and settings should correspond. Here, unlike the dining-room, heavy furniture does not meet the demands,—rather should we use wicker or painted pieces, finished with bright cushions and back pads.

The sun parlor, now a feature in both summer and winter homes, provides a suitable place for its setting. Let it be situated, if possible, where it catches the morning sun, great care being taken to space the windows so that they frame the landscape, giving views of flower gardens, smoothly clipped lawns, or a background of trees.

No difficulty is found in heating it, as it is so closely connected with the house that steam pipes can easily be laid under the flooring. The radiators, concealed by a lattice-work covering, forms a place for plant setting, adding a conservatory atmosphere.

The use of tile is much better than hard



WILLOW IS THE PREDOMINATING NOTE IN THIS ROOM

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RAFFIA AGAIN IN THIS ROOM

wood, as they are easily kept clean. They are found today in a full line of colors, and thus fall in with the color-scheme of the room.

Rugs are a necessity, and vary in style, ranging from the Crex to the imported Japanese matting.

A restful atmosphere should be thought out, both in decoration and furnishing. Sometimes the use of lattice is effective, for it can be painted to match the tone of the room. Flowers and plants do much to brighten and give it a touch of good cheer, hanging baskets, lined with moss and filled with bright blossoming plants and trailing vines, are very effective when hung from the window frame nearest the ceiling.

Fountains are occasionally introduced, the musical tinkle of the water, as it falls into the basin below, produces a soothing effect that is in keeping with the nature of the room. For furnishing, the painted Italian pieces, especially those made by the peasants, are admirably suited for use, as is the William and Mary type, purchasable in either oak, American walnut, or mahogany. For less expensive line there come charming pieces of cane and rattan, whose decorative value are most effective. There is a cool look to willow or rattan furniture that lends itself to any color-scheme, as it should be finished with bright decorative chair seats and back pads, made either of chintz or printed linen. This furniture can be left in the natural state to darken with age, or it can be painted in tone with the walls and the rugs.

Do not attempt to purchase a piece just because you like it, rather should you stop and consider as to whether it works in with the decorative scheme you have planned.

The revival of the Italian renaissance has put on the market many exquisite bits, decorative and painted in like colors that correspond with the style necessary to make this a home-like, livable room.

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Sometimes we find that it is too small for the using of a matched set of furniture, — this consists of table, chairs, and serving table. There is a very pleasing way to work out this situation, through the use of interesting and unusual combination; that is, the gathering together of harmonious pieces that are really not all of the same pattern.

Tea-wagons or carts have grown to be indispensable, and with their popularity has come the designing of a great many different types, thus saving monotony in furnishing. One of the most popular of these is a modified William and Mary finished in mahogany and topped with a glass-covered tray. The daintiest of them all shows a white or ivory enameled finish, often decorated to combine with the painted furniture; sometimes, however, we come across them with a black ground on which has been shown bright flowers, then, again, a deep, vermilion, red coloring makes an effective note that is distinctive.

Hangings are very important. In some breakfast rooms all that is needed is a shade to keep out the sunlight; still even that should correspond with the furnishing and the wall finish. Printed linen is very fashionable today and is most effective, yet sometimes a white muslin or plain ivory filet net is more suitable. These are much more picturesque in effect if they have an overhanging of thin, unlined silk. Many people like to change the color note in hangings, table linen, and cushions with the seasons; as, for instance, during the summer months, they use light, delicate shades, and in the winter, rich coloring. This saves a sameness all the year round, and makes the room in harmony with the seasons.

Lighting varies, in some cases indirect fixtures are more pleasable, but in cases such as this they should be supplemented by side lights. These are much more attractive, if they match the color-scheme, and are unusual in shape. A very unique idea, where the breakfast room was black and white, was to represent flower pots with colored flowers as side lights.



THE BREAKFAST TABLE IS USED FOR A PLANT

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The ceiling should correspond, not only with the period of the room, but with its treatment. If it is finished in limestone flooring, creamy plaster, and light blue furniture, a ceiling of cream latticed off with blue is very effective, but be sure to get the right shade, for this color is not always happy under artificial light, which means you should try it at all times of the day, to be sure you get the right effect. We should strive for a livable atmosphere, which is the keynote to a successful room, in which the informal meal of the day is partaken.



GREEN TILES ON FLOOR. HANGINGS, LIGHT GREEN. FURNITURE IN HARMONY

Vacation

Full pleasant is some far-off, green retreat,
Among the hills, beside a gleaming lake.
Glorious to wake
Where each new day creates the world anew,
Your world, bounded by sunlight and clear blue,
Far from the city's toil and deadening heat.
Sweet is the morning, and the dusk is sweet.
And oh, the golden hours are wondrous fleet.
Free as the wandering wind you go your way,
Till close of day
Brings you a sense of something human missed,
Lonely, regretful — Oh! some broken tryst.
Listen! Far-off, the tramp of little feet;
The cries of children in a city street.

— *Mary Brinsmade.*

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Camp Cookery

By H. B. Stevens

IN the first place, let me say that I have camped since I was an infant in arms. Among my earliest recollections is the bustle and delightful confusion of an early-morning start in the half-light, with much heaving up of bundles, stumbling over me, rattling of harness, and finally a "Gee Up!" and the glamour of finding myself, sleepy-eyed, actually riding atop a roll of mattresses bound on that most wonderful of all expeditions known as Going Camping. And to wake next morning in a tent, in piney woods somewhere! Paradise holds no joys greater than that for a small child.

I am still a child, when it comes to the flare of a bonfire and something sizzling in a pan outdoors. I have camped high in Montana Mountains, where, in midsummer, one may awake to find an inch of snow on the ground, and where one may come across Bruin in a huckleberry patch, shoveling berries into a capacious mouth, and lumbering off slowly at shrieks of fright. I have camped in the comparative permanence of a log cabin, and the luxury of an electric-lighted summer-home-with-bath; also, I have "roughed it" in and about the Grand Canyon of the Colorado, traveling all day and pitching a new camp each night. Therefore, I maintain that what I suggest here in the way of camp cookery is not hearsay, but the result of trial and varied experience. The last three summers I have taken a crowd of girls camping, and have brought them back, not only well-fed and happy, but on good terms with each other and me. How to do the latter is an art in itself, — but of that, another time.

Some one has said that the only permanent recollections any one ever has of a camping trip are the two smells of burning wood and browning grease. Be that as it may, the culinary end of camping certainly looms into an importance unbelievable by the conventional dweller in cities. One's stomach clamors healthily and continuously for food; dinner is the greatest ceremony of the day. Mankind, indeed, reverts, to great extent,



DINNER THE GREATEST CEREMONY OF THE DAY

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back to the primitive, and is content to eat, hunt food, eat, and sleep. No wonder, then, that to campers unsavory food becomes a tragedy, and well-ordered meals nectar and ambrosia.

The wise time to consider the food question is before you leave home. If inexperienced, you may slight the problem and think, "anything will taste good." But it won't, unless you are a seasoned mountaineer, especially during the first few days while you have still your jaded city appetite; and that few days is enough to put every one on edge and "queer" the trip. It doesn't do to depend too much on the fish and game that the men are going to get, for all sorts of things may happen, — storms, bad luck, etc., and campers restricted in diet as to variety or quantity get "sore-headed" as bears. Also, don't judge amounts by the size of appetites at home; for how you will eat after a week or so!

In general, things which do not take a long time to cook are best. Such things as rice, raw beans, tapioca, unless your cooking facilities are unusually good, are apt to be carried back untouched; when meal-times come, everybody is, as a rule, in a hurry for "something to eat quick." So canned vegetables are a standby. I am presuming that you will be away from the source of fresh vegetables and green stuff. Ham and bacon are staple and always good. Soups I have found not popular, because hard to get served up hot in the out-of-doors. Eggs carry well in bran or salt.

Specially to be looked out for is material to make toothsome sandwiches; most days, all or some of the party will be wanting to carry lunch-baskets to the woods. So I advise plenty of potted meats, sardines, prepared cheese. In an emergency, canned beans crushed to a smooth paste and mixed with a little mustard or pickle make good samdwiches.

The commissary may, of course, vary to suit individual tastes and facilities. For instance, in taking my crowds of girls to a permanent camp, I stock up with that seemingly impractical dessert, prepared gelatine. How the neighboring boys did scoff at that! Yet nothing is more easily prepared; it is quickly cooled in a mountain spring, is delicious with or without pineapple added, and looks dainty and enticing, thus making a link with what the girls are used to at home. We noticed that the boys, with the scoffs still on their lips, devoured the quivering jelly hungrily.

On the same principle it doesn't hurt to have a supply of pickles, and little cakes in packages.

In taking cake, try to take the kind which improves with keeping, as fruit or nut loaf; then your cake need not be eaten up the first days, when one really would not miss its absence.

The one food, which camps are apt to be short of, is the sweet. And there is nothing more craved after a little. Something about life in the open seems to create an appetite for sweets. On one trip where we had nothing of the sort except two cans of corn syrup, we ate that ravenously with table spoons the first ten days and had to go without for the rest of the time. Honey, syrup, dates and raisins will meet this need, as well as save sugar.

It gives pleasing variety to have each member bring a glass of jam or jelly from home; this minimizes trouble.

I am not mentioning the things any one would naturally think of, as coffee, tea, cocoa, canned milk, pan-cake flour; but it pays to go over one's list with imagination, to be sure that a necessity has not been overlooked.

I have some special camping dishes which never fail to be eaten with approval. Some of them have sprung from that necessity which spurs invention. For instance, finding myself with much dried bread on hand, I dipped the slices in milk, then in beaten egg, fried them to a golden brown, and served with jelly: "French toast," I dare swear, was never before greeted with such acclaim, and became an institution in camp. Another popular

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breakfast dish, after the conventional ones pall, is scrambled eggs with minced ham. For this, cut ham fine, and brown in pan. Without pouring off any grease, add eggs and let them set slightly before stirring. Serve before eggs are cooked too dry.

A group of dishes, we call inclusively if not accurately, "Wiggles"; meaning by that, any mixture served hot on crackers. We love to have a late supper around fireplace or bonfire, at which each gets his plate and crackers and the frying pan circulates generously. The basis of one kind of "wiggle" is cream sauce, made by melting butter or drippings in the frying pan, creaming with it flour until smooth, and adding milk, stirring till the mixture thickens. Add then shrimps, cut up, and a can of peas; or canned oysters; or minced clams and peas; or crab, or lobster; or chipped beef cut in squares. Another "wiggle" is based on tomatoes. Put tomatoes in frying pan, add salt and pepper generously, butter, bread or cracker crumbs to thicken, and if liked, cheese. Or canned salmon may be added to the tomatoes, seasoned as before. Other "wiggles" may be concocted by a fertile brain, according to what is on the shelves.

I cannot leave the subject of special dishes without paying my compliments to a wonderful Mulligan stew, prepared down Grand Canyon by a famous guide of North Arizona. We had been away all day, and he had stayed to tend camp and horses. When we had ridden in and "washed up," he directed us to a large iron kettle hung from three sticks over the fire. Each took a plate and dipped for himself from the steaming pot. Such a savoury smell, such luscious flavors! With "Ohs" and "Ahs" we sampled and devoured. Analyzed, the stew consisted of a ham bone, a bit of diced bacon, a little "jerked" (dried) beef, cut fine, diced potatoes, diced carrots, a few beans; all cooked over a slow fire for several hours.

Where there is no stove, possibilities in camp cookery are necessarily limited. But a Dutch Oven, — that is, a closely covered iron pot of any kind, — is a fair substitute for cooking different hot breads, biscuits, muffins, etc. To manage a Dutch Oven successfully, let your fire burn down to glowing coals, first. Then put oven and lid on separately to heat. When both are very hot, lay in biscuits, or pour in muffin batter, cover, and surround with hot coals. You will thus get an even heat.

Another device for stoveless cooking is a corn-popper to which you have affixed a very long handle. Toast may be made in this over bonfire coals without approaching to scorching distance.

Two more items let me add from my camping lore: First, how to clean a greasy frying pan. Get the pan very hot over fire, then pour into it *cold* water, and empty *quickly*. You will be surprised to find your pan perfectly clean. Second, how to start your camp meals auspiciously. As a rule, a party arrives in camp toward dark, or at any rate, tired out, and in no mood to cook; to avoid having to dig into supplies first thing, when nobody knows exactly where anything is, have ready a picnic dinner packed in a basket, all cooked and appetizing; it will have a marvelous effect in reviving the spirits of all.

Camping is a fine art. To a real devotee, no discomfort can take away its charm. With its discomforts minimized, most campers will take home with them only pleasant recollections, — memories of golden mornings, starry nights, and not by any means least, the inimitable odor from crackling wood and sputtering frying pan.

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The Witch of the Gem Pan

By Mabel S. Merrill

NICKY SWAIN edged up to the back kitchen door, which opened directly into the lane behind the house. He was cautious about it, because he remembered that Cousin Maria Bliss was coming this afternoon to help Lillian cook for the company. And Cousin Maria, it was said, objected to boys. But when he peeped in at the door nobody was there but Lilian herself, crumpled up in a chair with her apron over her face.

"What's up, Lil?" whispered Nick, edging in at the door and surveying his sister with boyish uneasiness. He had caught the sound of a sob.

Lilian dropped the apron to point tragically at an array of objects on the table. They bore some resemblance to loaves, but they were the color of lead, and looked as heavy as so many blocks of granite. Nicky regarded the array with puzzled eyes.

"Gee," he said, "a goat couldn't eat that! Is it supposed to be victuals?"

"It's bread!" wailed his sister, "all there is in the house, and I can hear the folks now, prowling around the dining-room door sniffing for their supper. Mother has been laid up all day with one of her dreadful sick headaches, so we sent for Cousin Maria Bliss and thought what a mercy it was she was staying at Aunt Nancy's, because everybody's always said she was such a notable housekeeper. And everything she has made this afternoon looks just about like that bread! She says she isn't used to all the new stuff you have to cook with these days."

The girl receded into the apron again as she added: "I wouldn't mind so much if it was just a common occasion. But it isn't every day we have a famous lady coming to supper with us from two thousand miles off. And I don't want to be accused of murdering a poet, even if she wasn't relation to us!"

"Is that who you're worrying about — Cousin Allison Bliss that wrote some kind of a hot-air book — 'Zephyrs from the South,' or something like that? Well maybe she won't come."

"Why, you little goose, the party is for her, because all the aunts and uncles and cousins are wild to see her — and so am I. Her book is lovely — a thing to dream about. I should be in the seventh heaven at the thought of having her here if it wasn't for that!" Lilian cast away her apron to glare at the bread.

"Aw, say, she never can tell the difference. Don't you know what literary folks are?" Nick spoke as from the depths of a long experience. "They go mooning around with their heads in a fog and they eat whatever you shove to 'em, and don't know whether it's made of sugar or sawdust."

"I guess they'd find it out if 'twas made of feldspar or lumps of old iron!" retorted Lilian. "Go away, Nick; you're nothing but a simpleton and you can't do a thing."

Nick got as far as the door and stopped. "Take it easy, Lil," he advised. "Here comes the woman that's moved into the brown house down the lane. I like her eye. Why don't you ask her to lend you a hand?"

"Oh, Nick, she's a perfect stranger — but then she *is* a neighbor."

Lilian came to peep out over her brother's shoulder at the approaching figure. "She does look pleasant, and with mother sick in bed and everything in such a mess I don't know as it would be very cheeky to ask her. Only, there isn't time to do anything."

Lilian was lapsing into dispair again as she heard another peal at the front

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door bell. The lady in the lane, however, was now just opposite the open door, and she stopped to scan with friendly eyes the tear-stained face of the girl in the doorway.

"What's the matter, young people?" she inquired briskly, "and what can an outsider do?"

"Oh, Mrs. Palmer," burst out Lilian, "it's mean to ask you when you've only just moved in — but mother is down sick and daddy's trying to take care of the company, and he couldn't help, anyway; and just you look here!"

In two minutes their new friend was in possession of the awful facts. In five she had finished mending the kitchen fire and was lighting the gas oven, while Lilian and Nick revolved around her like devoted satellites.

"It won't hurt them to wait a bit for their supper," she averred, "but they won't have to wait long."

With marvelous speed and sureness she began to measure and beat, all the while giving directions to Lilian about mixing the salad and garnishing it in an attractive fashion the girl had never seen before.

"The looks of a dish can add to, or subtract from, its value a whole lot," observed the new cook. "What are you going to do with those, my dear?"

Lilian was taking from the refrigerator two large dishes filled, one with a white, the other with a yellow mixture.

"Cousin Maria Bliss said it was velvet cream-something." Lilian eyed it dubiously. "You put it together, she said, just before you serve it. I don't think it looks very inviting, myself." The girl had lost all faith in Cousin Maria's cooking.

"It's all right," the head cook sampled it expertly. "Use those pretty glass dishes and put in, first, a good layer of the yellow, then heap the white on top. Have you any jelly? — good!" as Lilian produced two glasses of a clear ruby red. "Dot the heap of white all over with bits of jelly — so! there, isn't that pretty?"

"It's exquisite! Oh, Mrs. Palmer, you do things just like a conjuror. I shall be so proud of these glass dishes. But the bread —"

"Don't fret, child, I'm making gems. See?" The pan came from the gas oven with twelve crisp, brown cakelets puffed light and high above the tin.

"Gorry!" breathed Nick. "I bet Cousin Maria Bliss would fall over backwards if she should set her eye on a sight like that! Anyhow, she ought to after perpetrating those hunks of melted lead there on the table."

The cheerful neighbor threw an amused glance at the grim array of loaves. "Are those the work of your Cousin Maria? Well, I can tell you just what is the matter with them — she didn't put in any imagination! The new kinds of material need alert handling, and I'll warrant she's one of those housekeepers who run in grooves and can't — or think they can't — adapt themselves to any new conditions. Bundle them off the old track and they have no more go-ahead than a locomotive in a ditch. I like to try different things myself and every latest wrinkle in cooking is interesting to me."

She began rapidly filling another gem pan as she added:

"You children musn't miss the supper party. You run along now and help your poor father with the company, while I stay here and take care of the kitchen end. Have you anybody to help wait on table?"

"Yes, we borrowed two nice little girls from the minister's house. They have been busy answering the doorbell, but they can come out here now."

Hastily Lilian and Nick slipped into their best clothes and went to the rescue of their father who was trying to talk fast enough to keep nine cousins and sundry uncles and aunts from wondering where the supper was coming in. The entrance of Lilian soon put things to rights and presently the smiling company was gathered around the dining-table, where the hot plates of cream-of-celery

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soup —.the one thing Lilian could make to perfection — were bespeaking their attention.

The salad was good and the dishes of velvet cream custard so alluring as to cover the almost total absence of cake. But the gems were the great hit of the evening. They came hot from the kitchen, borne in by the two little waittresses, whose nimble feet, and willing hands could scarcely move fast enough.

"I shan't ever call our new neighbor Mrs. Palmer," Lilian said under her breath to Nick. "It's far too commonplace. I have entitled her the Witch of the Gem Pan."

"She's a dandy," assented Nick. "Say, Lil, the wandering Zephyr lady isn't here. Aunt Elinor said she went mooning off and didn't get back in time. What'd I tell you about lit'ry folks? I've always heard about 'em. You make a business appointment with 'em and when they don't come you go and find 'em leaning on a bridge at midnight and murmuring hexameters to the frogs. That's what Cousin Allison Bliss is up to this minute, bet you half a cent."

"Aunt Elinor thinks she'll come later in the evening," rejoined Lilian, "and you'll be sorry you made fun of her when you're grown up enough to know what it means to have a real famous poet in the family."

Allison Bliss did come later in the evening. There was an interested flutter when her name was announced by a cousin who had answered the bell. The poet's home was in a far distant state, and many of the relatives present had not seen her since she was a little girl. Aunt Elinor, at whose house she was visiting, ushered her in proudly.

"Here's our famous stray," announced Aunt Elinor, "and she says she didn't mean to be gone so long. She just walked out to take a look round the old town."

Lilian and Nick caught hold of each other as they stared at Allison Bliss. The poet, Nick's Wandering Zephyr lady, was nobody in the world but the cheerful person whom they had taken for Mrs. Palmer, and whom they had left in the kitchen baking gems. Small wonder that she couldn't come to the supper party.

She laid hold of Nick and Lilian, one with each hand, declaring that she had already adopted these two young cousins.

"And my dears," added the Witch of the Gem Pan, "don't look so amazed. When you are older you will understand that poetry and cookery are much nearer related than is generally supposed."

Once Upon A Time

Long and long and long ago,
Once upon a time!
Every lass had beauty rare,
Nut brown curls or golden hair.
Oh, the world was very fair,
Once upon a time!

Long and long and long ago,
Once upon a time!
When the world was very new
Every knight was brave and true,
And the skies were always blue,
Once upon a time!

Long and long and long ago,
Once upon a time!
Every shepherd piped his lay,
Old and young alike were gay
Every one had time to play,
Once upon a time!

Long and long and long ago,
Once upon a time!
Every man had gold to spare,
Every heart was free from care.
Don't you wish that we'd been there?
Once upon a time!

— *Christine Kerr Davis.*

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The Busy Bee in War Time

By Alice Urquhart Fewell

WE are all busy doing our bit to help win the war, but no one is busier these days than the bee, who must work early and late to supply the honey which is needed in every home, while we are saving sugar to send to France.

In the days of our forefathers bees were kept in every yard, and honey had the place of sugar on the table. Bee culture has fallen into more or less disuse, but it is about to be revived, and it may not be long before we are all raising bees in the back yard, just as we raise chickens or vegetables. Bee culture, in this country, can be largely and easily extended. We have abundant flowers, fruit trees, and grasses of every kind, and all we lack is the bees to gather the honey. The harvest stands ready, but where are the laborers to gather it? We shall soon have them, for steps are being taken everywhere to extend our bee industry. California, which has more flowers and fruit trees than perhaps any other state, produces only about one tenth the honey she should. California abounds with wild sage and orange blossoms, and soon the bees will be busy there gathering honey with which to flood the market. With the prospect of a large honey crop this year, and with a scarcity of sugar, the housewife is deeply interested in all methods for the use of honey in cookery.

Honey will find new uses both on the table and as a means of sweetening many articles of our diet. No new set of recipes is required for the use of honey in cookery. We can still employ our old recipes, substituting honey for sugar in the correct proportions. Before we can do this successfully, however, we must know something of the composition of honey, and the way in which it acts under given conditions. Honey is composed of water and a combination of sugars; namely, cane sugar, grape sugar, and fruit sugar. It contains lime, iron and other minerals in very small quantities, and has an acid reaction. The flavor is due to a volatile oil. Honey burns easily and is apt to boil over rather quickly if not carefully watched.

Knowing the above facts about honey, we are now able to make certain rules which will govern its use in nearly all cases. Honey must be considered, in a general way, as a mixture of sugar and water. In substituting honey for sugar in any recipe, the same amount of honey as sugar called for should be used, but for every cup of honey one-fourth a cup less of liquid must be used in the recipe. For instance, when cake is made calling for one cup of sugar, one cup of honey may be substituted. but one-fourth a cup of the milk in the recipe must be omitted. When using small quantities of honey, as in a recipe calling for four tablespoonfuls of honey, one tablespoonful less of liquid is used, etc. In other words, one cup of honey is equal to one cup of sugar plus one-fourth a cup of water.

Honey may be substituted in recipes calling for molasses, and since honey has an acid reaction, soda must also be used. Honey is not as acid as molasses, and therefore less soda is required in combination with it. Honeys differ in acidity, but a little more than half as much soda as would be required for molasses will give good results in the majority of cases.

As the flavor in honey is due to a volatile oil, it will lose some of its good flavor if cooked too long or at too high a temperature. An asbestos mat under the saucepan will keep honey from burning, and careful watching will keep it from boiling over.

Bread, cakes and cookies made with honey will keep fresh and soft much

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longer than those made with sugar. Cake frosting made with honey will keep moist and soft almost indefinitely, and it has been found to be in perfect condition and still moist at the end of eight or ten months. Honey is more quickly and easily digested than sugar. The bee produces certain changes in the honey sugar which correspond to the changes made in the early stages of the process of digestion. Honey is not an expensive article of diet when we consider its high nutritive value. Seven ounces of honey are equal in food value to ten eggs, one quart of milk, or five bananas. Strained honey, which can be bought in buckets weighing from 2½ to 10 pounds, is the best to use for cookery. It is cheaper than comb honey, and costs considerably less when bought in the larger quantities. Honey can be raised at home at a minimum cost.

Honey may be successfully used in making bread, cake, cookies, sauces, desserts, ice cream, and in canning and preserving fruit. In bread making it is substituted for the sugar. Potato yeast made with honey will keep longer than that made with sugar. Cake and cookies of various kinds are improved by using honey or by using half honey and half sugar. Most of the cookie recipes require soda. A delicious war sponge cake can be made by substituting honey for sugar, and barley flour for wheat flour in any ordinary sponge-cake recipe. If made with half honey and half sugar, the honey and sugar should be boiled together until it spins a hair, and then allowed to cool before it is added to the egg-yolks. The cakes and cookies keep fresh and moist a long time, and should be allowed to ripen for a few days, as the flavor is improved by standing. This does not apply to sponge cake, however. The flavorings which seem to go best with honey are lemon, orange, cinnamon, ginger, aniseed, and bitter almond.

Frosting and cake fillings are excellent made with honey, four tablespoonfuls of honey to one egg-white being used. The honey should be boiled until a soft ball will form when dropped in cold water, and should then be poured over the stiffly beaten egg-white and the whole whipped until cool. This makes a very creamy filling for a cake, but is almost too soft to use on top, unless a coating of confectioner's chocolate is put over it to form a hard surface. This filling keeps indefinitely, and can be made in large quantities and kept in a glass jar ready for use.

Desserts of every known variety can be sweetened with honey, and a very delicate flavor is produced in most cases where it is used. It is especially good in combination with gelatine desserts and frozen desserts. Rice pudding, cornstarch pudding, baked and boiled custard, tapioca pudding, and many others too numerous to mention, are very delicate sweetened with honey instead of sugar. Any ice cream or mousse may be made with honey; and a delicious ice cream is made by mixing one quart of thin cream with one cup of honey and freezing. Raisin pie and mince pie are improved when made with honey, and the mince pie has good keeping properties. Pudding sauces of various kinds, and boiled custard, used as a sauce, are especially adapted to the use of honey. Whipped cream or Charlotte Russe may be sweetened with it, and a very delicate flavor is produced. Salad dressings, especially those used for fruit salad, may have the sugar replaced with honey.

Canning and preserving is accomplished very successfully with honey instead of sugar, the same amount of honey being substituted. Fruit preserved in this manner has a splendid flavor, and has long-keeping properties. The honey should not be boiled with the fruit, but added just before it is removed from the stove, since some of the good flavor is lost by long boiling.

Aside from the many uses in cookery described above, honey can be used on the table in a number of ways. We can save sugar by using honey on our break-

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fast cereal, and on fresh fruit. Even dry bran is good when served with honey. It flavors grapefruit deliciously, and some of the other fruits, which are good in combination with it, are strawberries, raspberries, currents, peaches and stewed gooseberries. A mixture of fresh fruit flavored with honey and lemon juice makes a very attractive summer dessert. Brown bread sandwiches may be filled with honey and chopped walnuts, honey and cream cheese, or a mixture of all three. War candy for the children is made by boiling honey until thick and then mixing with popcorn and rolling into balls as it cools.

When we know something of the many uses of honey in the home, we no longer wonder the bee is working overtime these days to supply our need, and help win the war.

Have Some Macaroni

By Emma Gary Wallace

WHILE we are trying to conserve food, that our soldier boys and our Allies may have those things which they need in the food line, and which may be easily transported, we must not overlook macaroni and the many good things that may be made from it.

This is one of those singularly adaptable products which can be prepared in a variety of ways, — served as a vegetable, combined with protein foods such as cheese, used as a meat substitute, or even prepared with fruits as a dessert.

In reality, macaroni comes of a very ancient and honorable lineage. It is claimed that it was first made and used in Asia centuries ago. The Asiatic product is still spelled makaroni. In the course of time travelers told of this nourishing food dish, and doubtless some moved "West" who knew how to prepare it, for Italy took up its manufacture and became famous for the excellence and variety of the different kinds it prepared and exported. It is claimed that the best Italian macaroni is made in Grognano and Terre del Annunziata. In time the French people came to appreciate macaroni and its many uses, and entered into the manufacture of it quite extensively.

For many years our own macaroni was imported, and it was commonly thought that this must of necessity be superior to any we could make at home, and so for a long time immense quantities of macaroni, from 500,000 to 700,000 boxes, came into this country from abroad; but American ingenuity and resourcefulness was not to be kept in abeyance always, and so macaroni manufacturers began to produce the Made-in-America product, which has proven to be equal to the best. The foreign product always comes packed in large wooden boxes which, when opened, permit the entrance of dust and bacteria, unless kept carefully closed. Most of our American macaroni is put up in the popular sealed packages, which are so much more sanitary.

There is some difference in the manufacture, also. The foreign factories are nearly all small, home factories operated by a man, his wife, his older children, and perhaps a couple of laborers. Of necessity the equipment is crude, the room devoted to the preparation is quite likely to be in the cellar or an unused room in the house, while the strands are hung on poles to dry, many times over the street or near the street. Of course, there are some factories with more modern equipment, but the home factories still manufacture quite a large percentage of the product.

In our own country food manufacturers of all kinds must come under sanitary

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regulations of State and Federal Government, and so the conditions have to be regulated along thoroughly approved lines.

It is interesting to know something about how macaroni is made, for most of us have accepted it without question, as if it grew like an apple or potato. The wheat required for the making of macaroni must contain a large percentage of gluten, and that grown in the semi-arid regions of our own western states is excellent for the purpose, and is much like the wheat grown in Russia and mixed with the Italian wheat for use in making the foreign article. Wheat of the durum variety is especially adapted to macaroni making, and is not valued for milling purposes, so when we use macaroni we are not lessening bread-making materials, although it is a wheat product. This is an important point, as it shows our patriotic duty.

The selected wheat is ground into a coarse meal, and the bran is removed and saved. In this state it is known as semola or semolina. The semola is mixed into a paste with hot water and worked into the right consistency of dough by mechanical means. When it has become a thoroughly homogeneous mass, it is put into cylinders of brass eight or nine inches in diameter. The bottom of these cylinders are perforated with holes of the desired size for macaroni, vermicelli, and spaghetti. Great pistons, which just fit into the cylinders, are then slowly pressed down by machinery and the dough is squeezed through the tubes. In case the macaroni is to be hollow, a cleverly adjusted blade does the work. At first, the tube of macaroni has a slit where the knife has cut it, but this closes quickly. The sticks are cut into lengths about three feet, and skillfully dried.

The drying process requires experience. First the moisture is partly allowed to evaporate in a current of air. Then the macaroni is placed in a damp atmosphere, which causes it to grow limp again. After that it is dried in just the right temperature for from eight to twenty-four days. All this process gives it the horny-like character, which permits it to be packed and shipped without shelling and breaking.

Many people think that macaroni is of one kind only, although they know that it comes in different sized tubes and shapes, as the letter and elbow macaroni, but as a matter of fact there are many other kinds. Most of these are still made abroad, and are used, when imported, by our foreign population, although our own macaroni manufacturers turn out a somewhat varied product.

There is Whole Wheat Macaroni, of a brownish color, which is very nourishing.

Buckwheat Macaroni is made in Cherry Blossom Land, where push carts go about selling the steaming buckwheat dish at less than a penny. This is not so strange, when we remember our own waffle lunch carts.

Bean Macaroni is made in both Japan and Korea. The paste is rolled out very thin, and, as it breaks easily, is difficult to shape.

Rice Macaroni is made in China, and the glistening strands are of pearly beauty.

Turkish Macaroni is not dried as thoroughly as that made in other countries, and so would soon dissolve into a mass like pap if put into hot water. For this reason it is braised in oil.

The Chinese have another macaroni made of the pith of a tree. This is rolled out in sheets and cut into pieces like wafers.

Then, there is Sea Weed Macaroni, which, being of a gelatinous nature, dissolves readily, and so earns its name of Disappearing Macaroni. The Italians have a type, which they value at home, made of milk curd. It dissolves in hot liquid.

Egg Macaroni is particularly delicious, but, if you purchase it and the water in which it boils is of a bright yellow color, you may be sure that its richness of appearance is derived from saffron or coal-tar dye and not from eggs.

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The housewives of the Old World are said to look upon macaroni much as our women do upon a hairpin, — that is, they use it for all sorts of unexpected purposes. A tube of it serves as a straw through which to take hot or cold liquids, or for a feeding tube for the baby, through it they blow powder into cracks to dislodge bugs, or if they are short of bread flour, they roll it out with the rolling pin, treating it as a sort of preserved flour.

A food of this nature, which depends wholly upon its native flavor, which is not especially marked, can be used in many more ways than a food of a strong and characteristic taste, yet it should not be forgotten that the deliciousness of macaroni dishes depends very largely upon the excellence of the cooking, the skill of combinations, and the good judgment used in seasoning.

Macaroni has a very high food value. According to Professor Sherman of Columbia University, the average macaroni product of good grade contains about 1,625 calories per pound; thus it will be seen that, when we mix macaroni with a rich white sauce, with cheese, oysters, dried beef, chicken, or similar foods, we have a dish which presents a square meal in itself.

To cook macaroni successfully is not difficult. Break into short lengths. If it comes from a sealed package, it does not need washing; if it is "loose," it should be rinsed in cold water. Drop into boiling salted water, adding a level tablespoonful of salt to a quart. Stir to prevent sticking, but be careful not to break the pieces. If the dish is greased before the hot water and macaroni are put in, it will not stick so readily. Cook until tender, then toss the macaroni into a colander and let cold water run through it. This process is called blanching, and is to prevent it sticking together.

Well-cooked macaroni or spaghetti, and a good white cream sauce, gives the foundation for many dishes.

White Cream Sauce

Melt four tablespoonfuls of fat in a saucepan; stir in four tablespoonfuls of flour and cook until bubbly all over; add salt and pepper to season, and gradually one quart of scalding hot milk. Stir constantly until cooked and smooth.

If for any reason you want the sauce thicker, add an extra tablespoonful of flour and butter substitute; if you want it thinner, use a tablespoonful less.

Scalloped Macaroni with Oysters

Allow one pint of cooked macaroni, one pint of white cream sauce, and one pint of cleaned, drained oysters. Grease a baking dish and put in alternate layers of macaroni, oysters, and cream sauce. Two layers of oysters and three of macaroni will bake best. Finish with a topping of buttered crumbs. Bake about forty minutes until crumbs are brown. Many prefer a seasoning of onion salt in this.

Scalloped Chicken

Prepare exactly as above, only substituting a pint of cold, cooked chicken, cut in small pieces, for the oysters, and use celery salt for seasoning.

Baked Macaroni with Cheese

To each pint of cooked macaroni allow one cup of grated cheese and one pint of white sauce. Alternate in layers, finish with buttered crumbs, and a sprinkling of the grated cheese. Bake. This dish can be served in a casserole or in ramekins.

Macaroni with Dried Beef

For each pint of white sauce allow one cup of cooked macaroni, and one-fourth of a pound of dried beef torn into small pieces. Heat together and garnish the dish with a hard-boiled egg, cut into slices. Or, this can be served on rounds of toast, or in little wells of mashed potato.

If you wish to serve macaroni as a vegetable, you can do so very nicely by boiling it and simply seasoning with butter, salt, and a little paprika. If you wish to vary this, you can add a sprinkling of grated cheese, or half a cup of white cream sauce and a teaspoonful of

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chopped parsley, or for a pint of macaroni, half a cup of strained, thickened tomato sauce.

Celestial Spaghetti

Prepare one pint of cooked spaghetti. Make a sauce by melting four tablespoonfuls of butter substitute and cooking with two tablespoonfuls of barley, rice, or wheat flour. Add one cup of strained meat stock and one cup of strained cooked tomato. Blend until smooth and thick. Season with salt and pepper. Add one minced onion and simmer on the back of the stove twenty or thirty minutes. Add two tablespoonfuls of Parmesan cheese. Drop the spaghetti into this sauce and re-heat thoroughly. If you wish, you can use more spaghetti, just coating the tubes with the sauce.

Macaroni Pudding

Break the macaroni into quite long pieces, about four inches. Cook in boiling salt water until tender. Blanche. Remove to a board and cut into one-fourth inch lengths, or so each piece will be like a large bead. Cover one-half pound of figs with hot water and cook slowly with one-half cup of brown sugar until every fig is plump. Add the grated rind of one lemon and the strained juice of half of it. Cook until the syrup is quite thick. Serve a dish of macaroni with one or two figs on top and enough of the rich syrup to moisten it nicely. If you wish to make this dish positively festive, put a teaspoonful of whipped cream on top and garnish with a maraschino cherry.

Song of the Housewives

(Tune: Marching Through Georgia)

Ring the good old dinner-bell,
We'll Hooverize again.
Sound the chorus loud and well
Our duty making plain;
To all men this message tell
And work with might and main,
"Save, Save and Send to our soldiers."

Hurrah! hurrah! we'll help to save the wheat!
Hurrah! hurrah! we'll send the Allies meat!
Save the sugar, till the soil,
And Garfieldize on heat!
Save, Save and Send to our soldiers!

We're content to live on greens,
On cabbage, beets and peas:
We will raise our hills of beans,
Food scarcity to ease.
Raising food by ev'ry means,
Get busy, if you please,
Save, Save and Send to our soldiers!

Hurrah! hurrah! the day's work has begun!
Hurrah! hurrah! we'll toil till set of sun!
Strong and sturdily we'll stand
United 'gainst the Hun!
Save, Save and Send to our soldiers!

Come now, put your wits to work;
Your "eatings" plan with care;
Women, you will never shirk
The common task to share!
Wheat-meat-sweet-less meals may irk,
But use the coarser fare,
Save, Save and Send to our soldiers!

Hurrah! hurrah! we'll help to win the fight!
Hurrah! hurrah! we'll battle for the right!
Hearts and hands and stomachs, too,
Oppose the Kaiser's might,
Save, Save and Send to our soldiers!

— V. M. Carleton.

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Sunday Night Supper

By Helen Forrest

YES, indeed. Do come over, I'll be in all the afternoon."

Bessie's voice rang hopefully into the telephone; quickened a little because the instrument was in the living room, in which favored sanctum the family had gathered after a satisfying Sunday dinner had been disposed of.

Bessie's cheeks were pink; she smiled into the unresponsive telephone. She even hastily adjusted a tumbled lock of blonde hair. The deep voice at the other end of the wire seemed to be a compelling and visible presence.

She listened once more, then spoke with evident tremor, the child note that had always remained in spite of her twenty years.

"Oh, is it tonight? I've wanted to hear that harpist. Oh, yes, thank you; I'd love to go."

She turned in hurried, pleading silence to the critical, amused little group, her difficult audience. With the 'phone covered by one small hand she whispered her question: "Supper?"

Lightning glances, a shrug from her younger brother, open encouragement from her mother, doubtful planning evident on her sister's part, then a consensus of nodding heads and Bessie's voice after the moment of indecision.

"And, Mr. Brown, won't you stay for supper with us before we go to the Oratorio? We shall be quite by ourselves and most informal."

An instant of glowing silence on Bessie's part, then:

"Oh, that's very nice; I'll expect you about four."

Replacing the 'phone, her pretty assurance gone, turned to apology, Bessie faced her family: "Really, I hadn't any idea of asking him!"

"He had every idea of being asked!" — (this from brother Sam.)

"You see, he wants to take me down to the Oratorio at the Episcopal Church," went on Bessie. "He was coming to call anyway, and I don't see how I could have got out of it."

"I should think not," — this very complacently from her mother. "The idea of the man going back to the hotel for supper and then returning to take you to church. You did just the right thing!"

"You all told me to!" Bessie was making peace openly with her older sister, upon whom the burden of supper in this maidless household must fall with blue-eyed Bessie entertaining her friend in the parlor.

The practical Louise at last voiced her approval: "Oh, it's all right; you had to ask him, but what are we going to have for supper? Cold beans and chocolate cake may be all right in the bosom of the family."

"But the Superintendent of the Electric Company must be fed higher —" this savagely from brother Sam, who disliked supper guests and the resulting formality.

"Precisely, Sammy," went on Louise, patronizing in maddening fashion her eighteen-year old brother, "and because you are grown so nice and tall you shall help sister lift down all the best dishes that grow high on the pantry shelf. We'll have a nice supper anyway, and you'll like that."

"It's three o'clock, and he'll be here in an hour." Bessie's mounting color proved her nervousness. "What can I do before I change my dress? I hate to spoil everybody's nice Sunday afternoon."

"You rest a little, child," said her mother approvingly. "Louise and I will have plenty of time to get things ready for your nice Mr. Brown. I imagine a home supper will be a real treat for him after that boarding house — it's absurd to call it a hotel!"

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"I'll put on the lace doilies and set the table, that will help some," said Bessie, plainly feeling responsible for a general upset. "I'll work half an hour, and then go up stairs and get dressed. Come in, some of you, and see Mr. Brown before supper and — say, what are we going to give him to eat?"

It was finally agreed that the chicken remaining from dinner be creamed and served with the cold baked beans; a tin of Tuna fish with some hard-boiled eggs sliced should be made into a salad. Louise should make hot biscuit; and some preserved peaches will go with the chocolate cake.

Mr. Brown, dark, broad-shouldered and vigorous, looked approvingly at the prettily decked table — the silver and cut glass shining in the candle light. It was distinctly festive.

"I'm afraid I've made you a great deal of trouble," he protested.

"Not at all," returned Louise cheerfully, though flushed by the baking of her hot biscuits; "you see we have supper even when we haven't a guest."

"You can't think how I enjoy this sort of thing." Mr. Brown was noticeably expanding under the genial influence of the well-cooked little meal.

"I haven't lived at home for ten years; first school, then college, and now business have kept me away. There's nothing like a touch of home after the eternal sameness of boarding."

"You must surely come again, and soon" — this from Bessie's mother to the very eligible guest.

Mr. William Brown's success in business was due, perhaps, to a certain quality of persistence, a hopeful activity; and his intercourse with Bessie's family was hallmarked with these vigorous methods.

The father of the household was pleasantly surprised by a magazine with a marked article on a subject they had discussed; the mother, whose approaching birthday had been mentioned, was much touched by a bouquet of roses, an event in her sober anniversary. Frequent calls, summons to the telephone, books and violets kept pretty Bessie expectant, and gave fresh zest to an unusually fetching winter wardrobe. Some weeks after the first occasion Bessie made another appeal. "I really ought to ask Will Brown for supper. I know he'd love it. He's coming to call Sunday night."

"I know what that Sunday night business leads to," said brother Sam gloomily. "I see what he's after, all right."

"Oh, nonsense! Haven't your friends been fed here at all hours?" Louise was rallying to Bessie's support. "Invite him, of course. We'll manage all right."

"He says," remarked Bessie from the telephone, as she hung up the instrument, "that he'll be delighted to come, if only we won't put ourselves out. He wants to feel that he isn't making any trouble."

"There you are," and Sam, the depressed, made a final rush for liberty. "Louise says my friends eat here any time. They don't get a table trimmed up like a birthday cake, all candles and frills; they'd run at the sight of it, and the family isn't half killed getting ready for 'em, too." He finished in a burst of eloquence.

"You are a good boy, Sammy, but you don't understand entertaining," answered Louise, quite the older sister. "Mr. Brown comes from a very nice home, and we want to do our best when he is here. You won't have to do the work, so don't fret!"

Sam drifted out protesting on a wave of voices that babbled of lobster newburg, tomato bisque, cheese soufflé, and called from the door: "I tell you, no fellow alive likes all that fuss; and don't cut out the Sunday night beans. If Brown is going to come into this family, he might as well get used to Boston baked beans!"

"I rather agree with the boy, — oh, I mean about changing the menu." The father's hasty explanation was due to a blushing protest from Bessie. "Have it your own way, of course, but I think that

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Brown, or any other man, would enjoy better our simple Sunday night meal than all this fuss of changing plates and a grand stir-up. I thought he looked plain worried, at times, when he was here before."

The winter wore on. Mr. Brown, now shyly quoted by Bessie as "Will," had become a frequent visitor. His calls had long since lost their formal character; he was given to "dropping in." "Gee! he acts like a long-lost brother," was Sam's frequent comment.

The winter had been of strenuous occasions for Louise and her mother. Supper invitations had followed punctiliously upon Mr. Brown's frequent attentions to Bessie; every call made by the devoted young man was the occasion for a light luncheon, for the preparation of which the chief cooks left their comfortable chairs and evening papers to steal stealthily kitchenward, leaving Bessie uncomfortably at leisure to entertain her Will.

"I wish they wouldn't do so much," the guest protested honestly. "You know I'm a good trencher man, and you're wonderful cooks over here, but I wish they would stay and let me get acquainted with them; your father is the only one of your family I really know, though Sam and I are making some progress."

One Sunday night, some months after Mr. Brown's first supper with them, a comfortable, big tray was deposited on the dining room table at Bessie's home. It was loaded with sandwiches, cups and saucers, a huge pot of chocolate, and a plate of new sugared doughnuts. On the table was a pot of beans and a pile of plates.

Just as they were sitting down at the table, the sound of the door bell brought Bessie hurriedly to her feet.

"That's never Will Brown," whispered Louise; "he was here Friday night."

"Don't fool yourself," answered Sam. And a familiar voice from the hall was heard to say: "Oh, Bessie, how mighty fine you are looking! I brought you that book I spoke of. But see, now, I believe I happened on your supper hour, and I must be off."

"I should say not," called out Bessie's father from the head of the table. "You better come right in and have a bite with us."

To the credit of Bessie's family be it said, that no one embarrassed their guest with apologies. Told to sit anywhere, he naturally drew up a chair at Bessie's side. There was no addition to the menu apparent, when Louise asked, innocently, if every one had forgotten the snappy cheese, which she produced from the pantry with a pot of jam.

"Why, this is great!" exclaimed their visitor delightedly, as he dipped into the honest bean jar. "It seems just like home! We do just this sort of thing every Sunday night." A friendly, informal spirit seemed to have entered with the everyday dishes and the blue and white table cover. Mr. Brown was one of the family, and he plainly enjoyed his position.

At the end of the meal, with an ease born of much practice, Sam gathered up the pile of dishes before him and started for the kitchen.

"Do let me help, Sam!" begged their guest. "Many's the time I've done it, and I'd like to get my hand in again." Sam's thinly veiled hostility melted away. "That's right, Bill," he answered genially. "Lend a hand if you want to. It's my regular Sunday night stunt."

That evening, sometime between supper and half past ten o'clock, Mr. Brown measured Bessie's finger for an important ring which he proposed to buy.

When he emerged triumphant from The Den, bringing with him the blushing Bessie, to declare his plan of action to her family, he said:

"Why, I feel as if you were my people already. I've wanted for weeks to ask you for Bessie, but not till tonight did I dare. It seemed as if that jolly little supper sort of got us all together."

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AMERICAN COOKERY

FORMERLY THE

BOSTON COOKING-SCHOOL MAGAZINE

OF

Culinary Science and Domestic Economics

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ENTERED AT BOSTON POST-OFFICE AS SECOND-CLASS MATTER

Trains That Pass

One for the Atlantic tide,
One for the Pacific wide,
They were standing side by side,
    One Eastward sent,
    One Westward bent.

Those in khaki filled the one,
Going forth to fight the Hun,
These were seeking in the sun
    To find a place.
    So, face to face,
Each the other greetings gave.
Those so stalwart, eager, brave,
To the tourists, smiling, wave.

    Across the way
    A lilac spray
Was tossed and deftly caught,
Then his eyes the maidens sought,
"God bless you, as He ought,"
    She softly said,
    And quickly sped
Into the train, the flowers prest
Unto her lips. While the rest,
Bent upon their pleasure quest,
    The scene forget;

    A deep regret
O'erflows the restless heart
Of the maid. Was it her part
The sun to seek, while they depart
    To darkest night,
    For her to fight?

— *Hattie H. d'Autremont.*

THE ENGLISH LANGUAGE

"FORMER President Roosevelt continues to preach his doctrine of the English language only in our schools, for the unification of our people; otherwise we shall be, he says, another Balkan Peninsula."

The preachments of our former president are lucid statements of plain truths. In connection with matters pertaining to the present war, he seems to be one of the few Americans who has been right first, last and all the time. Certain it is, no reason or excuse can be given for teaching any other living language than our own English in the public schools of America. For what has been done along this line in the past we can only feel regret; but let us now stop short, turn right about and face the truth. Whereas once we were blind, now we can see. The teaching of languages, and especially the classics, in our higher schools and colleges is quite a different matter. The disciplinary value, for instance, of the study of the classics can in no wise be gainsaid. The literary style and habit is an acquired attainment. It rises to any considerable degree of perfection only through cultivation. The classics afford the best comparative study of languages.

JUSTICE AND RIGHTEOUSNESS

WHAT we want here on this earth more than anything else is justice. A wrong deed is painful; it stings the conscience and calls for repentance and restitution on the part of the wrongdoer. Constitutions are admirable instruments of government; laws are most essential to our welfare and should be strictly observed and executed, but, unless these afford us real justice and security in life, they fail fully to accomplish their purpose and satisfy human needs.

A great deal is being said at present about peace, than which nothing can be more desirable or longed for. A great deal is said, too, about loving even our enemies, for which they seem inclined to give us no opportunity. Much of all this

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talk is idle speaking, for peace, without justice done, can neither be satisfactory nor abiding.

There is a higher law than that to be found in legal codes and written documents, which should actuate the conduct of men and nations in their dealings with each other. This law is indelibly stamped on the consciences of mankind.

"It is an attribute to God himself,
And earthly power doth then show likest God's,
When mercy seasons justice."

For ages this law has been pointed out and exalted; quite recently we saw it stated thus: "to do justice, to love mercy and to walk humbly before our God," or, in other words, "to establish eternal righteousness among the nations and give freedom and liberty to the world." This means that every people and nation on earth shall have the right to choose its own form of government and live under it free from invidious molestation. "*Fiat justitia, ruat cælum.*" Let justice be done, though the heavens should fall.

THE MESSAGE FROM NEUILLY-LA-POTERIE

IT is not too much to see a message from our men in France in the recent news item to the effect that they went into the battle line at Neuilly-la-Poterie with poppies in their helmets — just snatched common poppies from the fields as they moved on to their grim task, and tucked 'em in their hard steel headpieces. Thus they strode forward to gallant battle! It is a dull mind that can see only a trifling bit of soldier capering in such an act.

By all that we know of American manhood it doubtless rose to something far richer and finer. The present insistence that we know and face the facts in this huge war business is of the greatest benefit. But let us face all the facts — poppies in the warrior helmets along with the shrapnel bursting round them. Are not those poppies facts? And are they not of very practical significance amid flying shrapnel? Morale is a great essential in munitions.

By that spontaneous byplay those American men betokened the victory of the cheerful, against all odds, in their own staunch breasts. Why, anxious hearts here at home, as you picture them going forward thus bedecked, can't you almost hear their voices calling in masculine chorus, "Are we downhearted? No-o-o-o!" —can't you see their merry faces? And aren't you thankful that the glow of cheer is on "him" amid the hardships and perils "over there"?

But there is something else quite as certain. No doubt many a man in those khaki-clad columns breathed a dear name and envisaged a far away face as he plucked a poppy, thrust it into his helmet, and jauntily swung into the stride of his fellows again. "There's not a bonnie flower that springs, but minds me o' my Jean," you know. Who can doubt that such men cherished the thought that this unusual act of theirs might be cabled back to the newspapers in America, or at least, felt that it would, somehow, carry to you by love's mystic telepathy? And why? That smiles might brighten the far away faces the flowers made so clear — smiles awakened by the radiance of courage like their own.

Receive, then, the message from Neuilly-la-Poterie. Let it brighten the days and the nights — banishing weak gloom from your face and voice, nerving you to do your duty here as "he" is doing his over there. Match your men at the front who can thrust gay poppies into their helmets on the way to battle. See to it that your letters show like spirit, that your war-work is done with cheerful zeal, that you are unflinching as you undergo the privations and anxieties of war-time. This is the message to all hearts at home. — *The Boston Herald.*

PROHIBITION IN ENGLAND

IN England the Scientific Advisory Committee to the British Liquor Control made a report recently that "in some respects deserves to be called, as it has been, the most important pronouncement

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yet on the physiological action of alcohol." The report may be summarized as follows:

"These conclusions are that for human beings alcohol is neither necessary nor useful in any conditions of peace or war — that it does not give a man warmth when he is cold, that it does not cure or help him when he is ill, that it does not give him courage when he is afraid, and that always, whether in large quantities or small, it decreases his efficiency, his trustworthiness, his intelligence, and his worth as a social unit."

ARE WE GUILTY?

ONE who is obliged to patronize public eating-places knows perfectly well that there are great numbers of persons who in no wise are helping to win the war by saving food. The disregard for Mr. Hoover and his Food Administration in public is disgraceful. What is it in private? It is disquieting to surmise what is being done in innumerable American homes. Put this down for truth: The husband or the housewife who is going on in the same old way, having what they want when they want it, is a near-traitor. What kind of bread comes on your table? And meat, — is there the prescribed two pounds per person a week, and not an ounce more? No mercy of allowance for what you say you have done for the Liberty Loan. You know that is a gilt-edged investment. For the Red Cross? Only a brute-miser could withstand the appeal. The Y. M. C. A. and kindred workers among our men? Your boy or a friend's over there moves you to give. The question is, what are you doing in your kitchen? You nor any one else because you have plenty can afford to do what you please. This is your war, and they are your substitutes, a million, two million of them, already in arms. Give them what they've got to have.

— *The Christian Register.*

He will not fail nor be discouraged, till he have set justice in the earth; and the isles shall wait for his law. I the Lord have called thee in righteousness, and will hold thine hand, and will keep thee, and give thee for a covenant of the people, for a light unto the nations; to open the blind eyes, to bring out the prisoners from the dungeon, and them that sit in darkness from the prison-house. — ***From Isaiah xlii.***

FOOD AND FUEL

THE homes of our New England States, it seems, are more likely to suffer from a shortage of fuel than food the coming winter. The dearth of fuel arises largely from the lack of means of transportation. People have placed their orders for coal, but their orders have not, or cannot, be filled.

Nothing causes more bitter regret than negligence; that is, failure to seize opportunities and make the most of them. The years we lingered in futile neutrality, we might have well spent in improving and enlarging our railroad systems, and in building up our merchant marine, in full confidence that the result, no matter what the issue of the war, could not be otherwise than immensely advantageous and profitable to America. Now this work must be done at tremendous cost.

The problem of transportation is most serious; it calls for foresight and wisdom. No branch of the public service is less likely to be overdone than this; for upon its strength and capacity depend the comfort and prosperity of the entire people.

PRACTICAL PATRIOTISM

Patriotism of the proper kind is demonstrated in the manner in which the heads of large industrial organizations are supporting the government in its war work. There are still, of course, a few persons who are either too selfish, or too ignorant of the fundamentals of economics, to give that support so much needed by the government in this grave crisis.

Your part in the war is to produce as much as possible, consume as little as necessary, and loan your savings to the government. Are you facing your task as cheerfully as our fighting men face theirs?

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SEASONABLE VEGETABLES

Seasonable and Tested Recipes

By Janet M. Hill

IN ALL recipes where flour is used, unless otherwise stated, the flour is measured after sifting once. Where flour is measured by cups, the cup is filled with a spoon, and a level cupful is meant. A tablespoonful or teaspoonful of any designated material is a LEVEL spoonful. In flour mixtures where yeast is called for, use bread flour; in all other flour mixtures, use cake or pastry flour.

Rice-and-Cheese Soufflé

Melt two tablespoonfuls of fat; in it cook two tablespoonfuls of flour and one-fourth a teaspoonful, each, of salt and paprika; add one cup of milk and stir until boiling; stir in one cup of cooked rice (grains distinct), then beat in the yolks of three eggs, beaten very light, and half a cup or more of grated cheese; fold in the whites of three eggs, beaten very light, and turn into a greased dish. Bake in a pan of water in a moderate oven about 25 minutes, or until well puffed and firm in the center. The water should not boil during the cooking. Half a cup of fine-chopped (left over) ham, smoked beef or fish may replace the cheese, giving rice and ham or beef soufflé.

Lima Bean Timbales

Press cooked lima beans through a sieve (use a pestle). To two cups of pulp, add two eggs, beaten without separating the whites and yolks, one generous teaspoonful of salt, one tablespoonful of scraped onion pulp, and one-fourth a teaspoonful of black pepper. Mix thoroughly and turn into well-greased timbale molds. Cook on many folds of paper, in a dish of boiling water, until firm in the center. Turn from the molds. Serve with cream or tomato sauce. The water should not boil during the cooking, but be kept just below that point. About twenty minutes of cooking is required.

Baked Bean Loaf

Use two cups of cold Boston baked beans; crush the beans through a colander with a pestle or leave them whole; add one well-beaten egg, two tablespoonfuls of tomato catsup, one cup of soft (sifted) bread crumbs, one tablespoonful

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of chopped or scraped onion with salt and pepper to season; mix all together thoroughly, then shape into a loaf. Set in a greased dish, with a slice of bacon or fat salt pork on the top of the loaf. Bake about twenty-five minutes. Serve hot in the baking dish.

Green Corn-and-Cheese Soufflé

Melt three tablespoonfuls of fat; in it cook three tablespoonfuls of flour and one-fourth a teaspoonful, each, of salt and black pepper; add one cup of milk, and stir until boiling; stir in one cup of corn pulp. To get the pulp, with a thin, sharp knife cut down through the kernels in each row, and with the back of the knife press out all the pulp, leaving the hulls on the cob; beat in half a cup of grated cheese and the yolks of three eggs beaten very light, with one-fourth a teaspoonful, each, of salt and black pepper; fold in the whites of three eggs, beaten firm, and turn into a greased baking dish, suitable for the table. Bake in a pan of hot water (boiling when turned into the dish) until firm in the center. Serve as the main dish of the meal. If green peas, string beans or a green salad are not provided at the same meal, serve the soufflé with a pint of cream or tomato sauce.

Green Corn Croquettes

Chop fine, a thin slice of mild onion, and one-fourth a green pepper; add to four tablespoonfuls of hot fat and let simmer very gently, stirring occasionally until softened and yellowed; add one-third a cup of corn or barley flour, half a teaspoonful of salt and one-fourth a teaspoonful of black pepper, and stir until well blended; add one cup of milk and stir until boiling; add one cup of thick corn pulp (score the kernels lengthwise of the ear, and with the back of a knife press out the pulp, leaving the hulls on the cob), and let boil all over; turn on a greased plate and when cold shape into croquettes; dip in a beaten egg diluted with milk, roll in soft, sifted, Victory bread crumbs, and fry in deep fat.

Egg Plant with Rice

This dish may be made with any form of paste (noodles, spaghetti, etc.) that one happens to have, or with rice or bread crumbs. The macaroni or rice should first be cooked in the usual manner until tender. For one egg plant allow one cup of uncooked macaroni, or half a cup of rice. Cut the egg plant in slices; pare and cut in cubes (three-fourths of an inch). Cover with boiling water and let cook about twenty minutes and drain in a colander. Melt two tablespoonfuls of fat in a sauce pan; add one large onion peeled and chopped fine, also half or more of a green pepper, cut in fine shreds, cover and let cook very slowly, stirring often, until yellowed and softened a little; add the egg plant, the rice, half a teaspoonful of salt, a dash of



CORNED BEEF (FANCY BRISKET), BOILED NEW CABBAGE AND BEETS, DRIED CARROTS, BOILED

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MASHED POTATO, DRIED BEEF, CHOPPED IN MEAT CHOPPER, CREAMED, GARNISH SLICED EGGS

paprika, a cup of grated cheese and about a cup and a half of fresh or canned tomatoes, cut in pieces; stir until hot throughout; turn into a greased baking dish, cover with three-fourths a cup of wheatless cracker crumbs, mixed with three tablespoonfuls of melted fat and let cook in the oven until the crumbs are browned. Delicata and other varieties of summer squash are good cooked in this way. Squash will not require so long cooking at the start. The cubes should be whole yet tender. Without green pepper use more paprika.

Onion Custard

Peel and cook four to six medium-sized onions in water until tender. Set them in a greased casserole. Make a white sauce of one-fourth a cup, each, of fat and flour, half a teaspoonful of salt, one-fourth a teaspoonful of pepper, and two cups of milk. Beat two eggs until well mixed; dilute with a little of the sauce, and turn into the rest of the sauce; mix and pour over the onions. Let cook in the oven in a dish of hot water until firm. Serve hot as the main dish of luncheon or supper.

Stewed Tomatoes and Corn

Peel six tomatoes, cut them in pieces and set over the fire in a saucepan; cut the tips of the kernels from eight or ten ears of sweet corn, and press out all the pulp possible, leaving the lower part of the hulls on the cob; add the tips and the pulp to the tomatoes with a teaspoonful of salt and half a teaspoonful of black pepper and let simmer twenty minutes; add a tablespoonful of sugar and two tablespoonfuls of fat, and let cook one minute.

Scalloped Tomatoes and Corn

Turn stewed tomatoes and corn (cooked



INGREDIENTS FOR EGG PLANT WITH RICE

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as in the preceding recipe) into a greased baking dish; mix half a cup of cracker crumbs with three tablespoonfuls of melted fat and spread over the top of the mixture. Bake until the crumbs are browned. Shredded onion and green pepper, raw, or previously cooked in a little fat until softened and yellowed, may be added to either dish when first set to cook.

Rye Bread

(Made in morning)

Scald two cups of milk (or half milk and half water); add two tablespoonfuls of shortening, two tablespoonfuls of sugar or molasses and one teaspoonful of salt; when lukewarm stir in one cake (or more) of compressed yeast, mixed through half a cup of lukewarm water, one cup and a half of wheat flour, and enough rye flour to make a batter; beat thoroughly, cover and let stand, out of drafts, to become light. Add rye flour for a dough that may be kneaded. Knead thoroughly, cover and set aside to become light. Shape into loaves, and when again light bake nearly one hour.

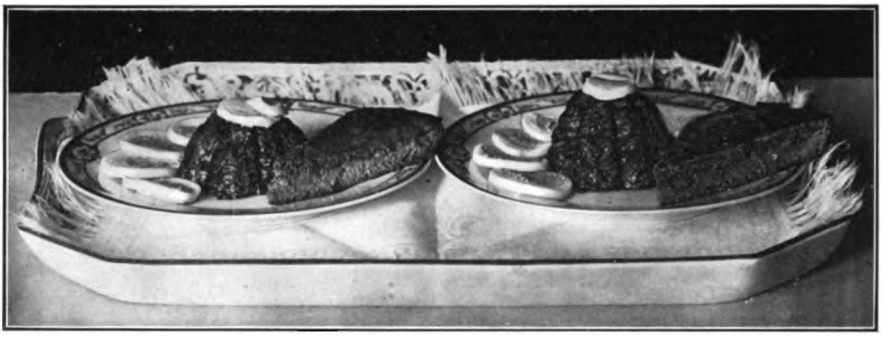
Oatmeal-and-Cornmeal Muffins

(18 muffins)

Melt two tablespoonfuls of shortening in one cup of hot, cooked oatmeal (left over); add one teaspoonful of salt, an egg, beaten light, and three-fourths a cup of milk. Mix all together thoroughly. Mix and sift together two cups of cornmeal, four teaspoonfuls of baking powder, and one-fourth a cup of sugar, and stir into the first mixture; bake in a hot, well-greased iron muffin pan about twenty-five minutes.

Spider Corn Cake

Put three-fourths a cup of cornmeal into a cup, then add flour, barley or buckwheat, to fill the cup; to the meal and flour add half a teaspoonful, each, of soda and salt, and four tablespoonfuls of sugar and sift into a bowl; add one egg, beaten light, and half a cup, each, of thick sour milk and sweet milk. Stir thoroughly. Melt two tablespoonfuls of fat in a spider or agate pie plate; turn in the mixture, then pour on half a cup of sweet milk and bake without stirring it in. Serve cut as a pie.



LIGHT LUNCHEON FOR TWO
COOKED LEAVES OF SWISS CHARD, CHOPPED AND MOLDED, SLICED EGG, FRENCH DRESSING, SPIDER CORNCAKE

Cottage Cheese Sandwiches

To a cup of cottage cheese add half a teaspoonful of paprika, one teaspoonful of mixed mustard and a tablespoonful of tomato catsup or chili sauce. Have ready oatmeal bread or biscuits, made of one cup and a half of barley flour to half a cup of rice flour. Have the biscuit dough rolled thin. Split the biscuit, spread with the cheese mixture, and press corresponding halves together.

Potato-and-Carrot Salad, Tomato Garnish

Cut cold, cooked potatoes in small cubes and slices of carrots in quarters. For a quart of vegetables, chop fine half a mild onion, a few leaves of chives, six

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POTATO-AND-CARROT SALAD, TOMATO-AND-CARROT GARNISH

branches of parsley, three olives, a tablespoonful of mustard pickle, and mix through the potato and carrots. Mix six tablespoonsfuls of vegetable oil, three tablespoonfuls of vinegar, one teaspoonful of salt and half a teaspoonful of paprika, and turn over the whole; mix thoroughly with spoon and fork; turn on a chilled dish, garnish with slices of tomato and cooked carrot.

Cabbage-and-Beet Salad

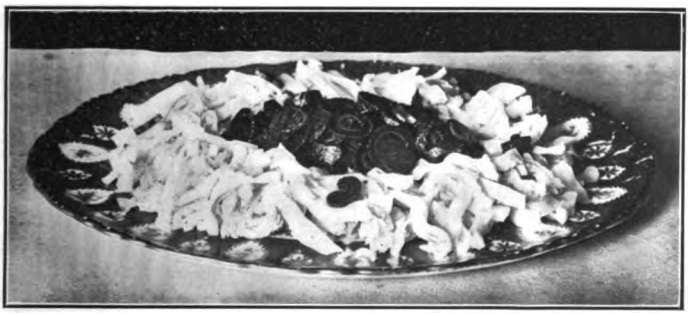
Cut the cabbage in quarters, and use one or two quarters, according to the number to be served; cut out the hard stalk at center, then shave the cabbage as fine as possible. Cut small, cooked beets in thin slices, or larger beets in small cubes. Make French dressing, using the following proportions: three tablespoonfuls oil, two tablespoonfuls of vinegar one-fourth a teaspoonful, each, of mustard (mixed), salt and paprika, one teaspoonful of scraped onion pulp. This quantity of dressing will season one pint of material. Mix the cabbage and beets separately with dressing. Set the beets in the center of a ring of cabbage.

Sunday Night Cheese

Melt two tablespoonfuls of butter substitute; in it cook two tablespoonfuls of flour, and one-fourth a teaspoonful of salt; add one cup of milk or one cup of tomato purée and stir until boiling; beat in one egg, beaten light; when cooked stir in one package of snappy cheese, and when smooth turn into an earthen bowl and set aside until ready to use. Spread the biscuit, hot or reheated, with the cheese mixture, dredge on a little paprika, and set into the oven to become very hot.

Barley Biscuit for Sunday Night Cheese

Sift together one cup and a half of barley flour, half a cup of rice flour, half a teaspoonful of salt and four teaspoonfuls of baking powder; cut in three or four tablespoonfuls of shortening and mix to a dough with milk. Turn on a floured board to coat lightly with flour,



CABBAGE-AND-BEET SALAD

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knead a little, roll into a thin sheet, cut into rounds and bake in a quick oven. Rye flour may be used in place of the barley.

Hominy or Rice Puffs

To one cup of boiled hominy or rice (preferably hot) add half a teaspoonful of salt, one tablespoonful of fat and two egg-yolks beaten until thick and light colored; then fold in the whites of two eggs, beaten very light. Drop by tablespoonfuls on a greased baking tin and bake in a quick oven.

Japanese Suey Dressing for Sundae

(To serve about 100)

Chop separately and very fine half a pound, each, of figs, raisins, mixed pecan and walnut meats, dates, and blanched-and-browned (in oven) almonds; add one cup of maple syrup and two quarts of marshmallow paste; mix thoroughly, cover and let stand over night to ripen. Serve over ice cream made rather less sweet than usual.

Barley Cottage Pudding

3½ tablespoonfuls shortening	1 cup barley flour
¾ cup sugar	2-3 cups rice flour
2 egg-yolks	2½ teaspoonfuls baking powder
½ cup milk	2 egg-whites

Cream the shortening, beat in the sugar (half sugar and half syrup may be used) and egg-yolks; add the milk, alternately, with the flour and baking powder, sifted together, and, lastly, the egg-whites. Bake in a sheet about twenty-five minutes. Serve hot, cut in squares, with raspberry or

Maple Syrup Sauce

Boil half a cup of maple sugar and one tablespoonful of corn syrup to quite a thick syrup, not quite to the soft-ball degree. Pour in a fine stream on the white of an egg, beaten very light, beating constantly meanwhile. Let cool a little, then beat in half a cup of cream, beaten very light, or use the same quantity of top milk without beating.



SUNDAY-NIGHT CHEESE, BARLEY BISCUIT

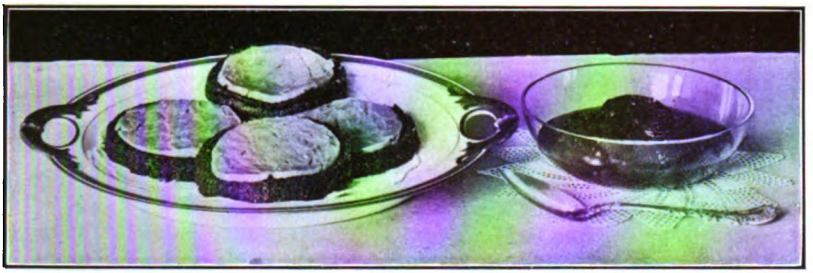
Raspberry Sauce

Heat two cups of raspberries in a double boiler, and press through a sieve fine enough to keep back the seeds, pressing through all the pulp possible. Add half as much sugar as juice and let simmer five minutes. Blackberries may be used for the sauce.

Sour Cream Maple Cookies

Cream half a cup of shortening; beat in three-fourths a cup of maple syrup, one egg, beaten light, two tablespoonfuls of sour cream or buttermilk. Sift together one cup and one-fourth of barley flour, half a cup of rice flour, one tea-

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A LIGHT LUNCHEON
SLICES BOSTON BROWN BREAD, THIN SLICES CHEESE MADE HOT IN OVEN, STEWED PLUMS

spoonful and a half of baking powder, one-fourth a teaspoonful of salt, half a teaspoonful of nutmeg and stir into the first mixture. With a teaspoonful drop and shape the mixture on greased baking pans. Bake in a quick oven.

Rice Afternoon Tea Cakes

Cream one-fourth a cup of shortening; beat in a scant half cup of sugar, one egg-yolk, grating of lemon rind, one-fourth a teaspoonful of almond, and half a teaspoonful of vanilla extracts. Sift together half a cup and two level tablespoonfuls of rice flour and half a teaspoonful baking powder, and add to the first mixture, alternately, with one-fourth a cup of cold water; lastly, beat in the whites of two eggs, beaten very light. Bake in small greased tins about ten minutes. If Brownie tins are used, the mixture will make about eighteen little cakes.

Spiceless-and-Eggless Oatmeal Cookies

Cream half a cup of shortening; beat in half a cup of sugar, and half a cup of maple or other syrup, one cup of chopped raisins, one cup of cocoanut, five tablespoonfuls of thick sour milk, one cup of oatmeal, one cup of barley flour, and one-half cup of corn or rice flour, sifted with one teaspoonful of soda. Drop by teaspoonfuls on a greased tin. Bake in a quick oven.

Honey Peanut Cookies

Cream four tablespoonfuls of shortening; beat in half a cup of honey, two tablespoonfuls of corn syrup, and one egg, beaten light. The recipe makes 24 cookies. Reserve four halves of peanut meat for each cookie, and chop fine the rest of the peanuts in a pint (in shells), add the chopped nuts to the first mixture, then stir in one cup and a half of barley flour, half a cup of rice flour, half a teaspoonful of soda, one teaspoonful of cinnamon and one-fourth a teaspoonful of cloves, sifted together. Drop on a greased baking sheet and shape in smooth rounds with a teaspoon; set the whole



A LIGHT SUPPER
RICE PUFFS AND SLICED PEACHES

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HONEY PEANUT COOKIES

pieces of nuts in place; dredge with a few grains of granulated sugar, and bake in a quick oven. Add one or two tablespoonfuls of flour or syrup if consistency is not as desired.

Baba

(Rye flour)

Sift one cup and three-fourths of rye flour into a mixing bowl. Mix one cake of compressed yeast through one-fourth a cup of lukewarm water, stir in one-fourth a cup of wheat flour, then work in as much of the rye flour in the bowl as is needed to make a dough that can be kneaded. Knead until smooth; cut half way through the little ball of dough twice, letting the cuts form a cross on the top. Set the dough in a bowl of lukewarm water. When it rises to the top of the water, and is very light and porous, remove with a skimmer to the flour in the bowl; add half a cup and two tablespoonfuls (5 ozs.) of shortening, half a teaspoonful of salt and two eggs, and beat until thoroughly blended; add two more eggs, one at a time, beating in the first egg before the second is added. At the last, beat very thoroughly and turn into a well-greased Turk's head mold that holds one quart. When the dough fills the mold to within half an inch of the top, bake about twenty-five minutes. Have ready sauce made of canned apricots; turn it hot over the hot baba; baste the cake with the sauce until it has taken up as much as possible. Serve hot or cold, preferably hot.

Apricot Sauce for Baba

Press about three-fourths of the apricots in a can through a sieve; add the syrup from the can in proper proportion, and half a cup of honey. Let cook about five minutes.



BABA (RYE FLOUR)

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Apple Mint Jelly

Slightly unripe apples make the best jelly. Secure the apple juice in the usual manner. The mint leaves may be boiled in the juice and removed before the sugar is added, or wash the leaves, cover a cup of leaves, well pressed down with a cup of boiling water and let steep on the back of the stove about an hour. Pour leaves and water into a bag and press out all the liquid possible. To each cup of apple juice add two tablespoonfuls of the mint liquid; let boil twenty minutes; add, for each cup of juice taken, three-fourths a cup of sugar and let boil to 218° F., or until the mixture drops from the spoon in beads.

Dried Carrots

When thinning young carrots, pull out the largest, scrub and rinse, and then throw into boiling water. Remove in six minutes and cover with cold water, scrape or push off the skin, then rinse in cold water, dry on a cloth and cut in thin slices. Spread the slices on aluminum plates or trays, if convenient, and set them in the warming oven of the range, or on the shelf of the stove. If the heat be kept up during the afternoon, the carrots will be dry and ready for storing by five o'clock.

Lemon Cheese Pie

2-3 cup milk
2-3 cup honey or ¾ corn syrup
2 tablespoonfuls cornstarch
1 egg-yolk, beaten light
1 cup cottage cheese
1 lemon, grated rind and juice
¼ teaspoonful salt

Scald the milk, mix the sweetening and cornstarch, stir and cook in the hot milk until the mixture thickens; cover and let cook ten minutes, stirring occasionally. Add the egg and stir until it is cooked. Add the cheese, lemon and salt. Pour the mixture into a well-baked pastry shell (baked over an inverted plate) cover with a meringue made of the egg-white and two tablespoonfuls of sugar or honey. Let cook in a very moderate oven about six minutes.

Molasses Cookies

½ cup vegetable oil
1 cup molasses
½ teaspoonful salt
2 teaspoonfuls ginger
3 cups rye flour
1 teaspoonful soda

Combine materials and chill dough. Take heaping teaspoonfuls and roll in the floured hands. Pat once or twice, place on greased baking sheets and bake twenty minutes in a moderate oven. These will not spread very much. These cookies will be crisp. If desired softer, allow them to be exposed to the air several hours, or place an apple or a piece of bread in the box with them. (30 to 36 cookies.)

Sour Milk Cakes

1 cup graham flour
1 cup buckwheat flour
1 teaspoonful salt
1 teaspoonful soda
2 cups sour milk

Cook on a hot griddle. If the mixture is too thick, thin with sweet milk or water.

Boston Brown Bread

(Revised to meet local conditions)

1 cup cornmeal
1 cup rolled oats, ground
1 cup rye flour
2-3 cup molasses
2 cups thick sour milk
2 teaspoonfuls soda
1 teaspoonful salt

Mix all together thoroughly. Steam three hours. Use three pound-size baking powder boxes.

Eggless Muffins

1 cup cornmeal
1 cup ground rolled oats
1 teaspoonful salt
4 teaspoonfuls baking powder
3 teaspoonfuls oil
Milk to make a soft drop batter

Muffins are very tender.

Baked Custard

1 egg
1 cup milk
Few grains nutmeg
2 teaspoonfuls honey or corn syrup
Few grains salt

Beat the egg slightly and add other ingredients. Bake in a cup set in a pan of water in a moderate oven.

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Menus for Family of Four One Week. August

(Eight Pounds Meat. Very Little Wheat)

SUNDAY

Breakfast

Cornmeal Mush, Blueberries, Milk
Barley Pop Overs
Creamed Dried Beef (½lb.)
Small Potatoes, Baked Milk or Cocoa, Coffee

Dinner

Planked Fresh Fish, Drawn Butter Sauce
Cucumbers, French Dressing
Mashed Potatoes, New Carrots, New Beets
(on plank)
Barley or Rye Yeast Bread
Cherry Pie Cottage Cheese

Supper

Rice Cooked with Tomato and Cheese
Lettuce and Garden Cress French Dressing
Rice Tea Cakes
Junket with Crushed Raspberry Sauce
Tea

WEDNESDAY

Breakfast

Broiled Tripe (1lb.) Potatoes Cooked in Milk
Fried Hominy Mush
Toasted Muffins (left over)
Coffee, Cocoa or Milk

Dinner

Cream of Dried Lima Bean Soup
Broiled Bluefish, Cucumbers
Scalloped Potatoes String Beans
Blueberry Pie (barley crust) Cottage Cheese

Supper

Gnocchi à la Romaine
(cornmeal, cheese, etc., — reheated
at supper time)
New Carrots (1 pint)
(1 tablesp. butter, 1 teasp. sugar)
Baking-powder Loaf-bread
Stewed Cherries Tea

MONDAY

Breakfast

Fish-and-Potato Hash Broiled Tomatoes
Fried Cornmeal Mush
Molasses or Maple Syrup
Coffee, Cocoa or Milk

Dinner

Hamburg Steak (1¼ lbs. top round)
Old Potatoes, Mashed
New Cabbage, Boiled
Raspberry Shortcake
(barley-and-rice flour crust)

Supper

Rice-and-Cheese Soufflé, Tomato Sauce
or Sliced Tomatoes, French Dressing
Boston Brown Bread
Barley Cookies Tea

THURSDAY

Breakfast

Barley Meal Mush, Top Milk
Bluefish and Potato Cakes
Spider Corncake Berries
Coffee, Cocoa or Milk

Dinner

Cold Corned Beef, Sliced Thin
Mustard
Baked Paprika Potatoes
Kohl Rabi, Creamed
New Beets, Buttered
Barley Flour Apple Dumplings

Supper

Green Corn Soufflé
New Rye Bread New Apple Sauce
Tea

TUESDAY

Breakfast

Farina, Top Milk
Salt Codfish Creamed, with an Egg
Molasses Corncake
Blueberries
Coffee, Cocoa or Milk

Dinner

Corned Beef (4 lbs.), Mustard
Beet Greens New Potatoes
Kohl Rabi
Baked Indian Pudding, Top Milk
Cottage Cheese

Supper

Beet Greens, Molded with Sliced Egg
French Dressing
Oatmeal-and-Cornmeal Muffins
Berries
Barley Chocolate Gingerbread
Tea

FRIDAY

Breakfast

Baked Astrachan Apples, Sugar
Puffed Rice, Top Milk
Green Corn Griddle Cakes
or Delicate Cornmeal Griddle Cakes
Coffee Cocoa

Dinner

Boiled Fresh Fish, Egg Sauce
Boiled Potatoes
Tomatoes Stuffed with Rice and Nuts
Summer Squash, Fried
Barley Crackers, Toasted
Celery and Apple Salad
Cottage Cheese

Supper

Succotash
(new lima beans and corn)
Rice Flour and Wheat Bread
Honey Peanut Cookies
Stewed Pears or Sliced Peaches
Tea

SATURDAY

Breakfast

Oatmeal Mush, Whole Milk
Corned Beef and Potato Hash
Sweet Pickled Melon Rind
Dry Toast
Coffee, Cocoa or Milk

Dinner

Roast Filet of Beef (2¼ lbs.)
Brown Sauce
Franconia Potatoes
Egg Plant with Rice, etc.
Romaine and Tomatoes,
French Dressing
Peach Shortcake (barley crust)

Supper

Boston Baked Beans
Tomato Catsup
Oatmeal-and-Cornmeal Muffins
Riceflour Cakes
Blackberries
Tea

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Well-Balanced Menus for One Week in Sept., Family of

(Meat Ten Pounds as Purchased. Very Little Wheat or Sugar)

SUNDAY	**Breakfast** Barley Meal Mush Sweet Apples, Baked, Top Milk Rice Omelet Cornmeal Breakfast Cake Coffee, Cocoa or Milk **Dinner** Melons Roast Leg of Lamb (6¾ lbs.) Spiced Ripe Cucumber Pickles New Potatoes, Boiled Cream Sauce and Parsley Fall Spinach with Sliced Egg Peach Sherbet Honey Drop Cookies **Supper** Mexican Rabbit (cheese, tomatoes, corn) Sliced Peaches Barley Gingerbread Tea	**Breakfast** Oatmeal, Dates, Top Milk Fish and Potato Hash Broiled Tomatoes Boston Brown Bread (reheated) Coffee, Cocoa or Milk **Dinner** Lamb Stew with Vegetables Romaine and Celery Salad Barley Biscuit Baba with Apricot Sauce (reheated) **Supper** Shell Beans, Stewed New Rye Bread Baked Apples Milk Tea
MONDAY	**Breakfast** Barley Mush, Fried, Syrup Eggs Cooked in Shell Brown Hashed Potatoes Cornmeal Breakfast Cake (reheated) Coffee, Cocoa or Milk **Dinner** Cold Roast Lamb, Sliced Thin Creamed Potatoes Scalloped Tomatoes and Onions Apple Pie, Barley Pastry Cottage Cheese **Supper** Egg Plant Cooked with Rice, etc. Ryemeal Muffins Eggless Oatmeal Cookies Apple Sauce Tea	**Breakfast** Oatmeal, Grated Cheese Beauregard Eggs (mashed potato in place of toast) Rice Griddle Cakes Coffee Cocoa **Dinner** Fowl, Fricassee Cauliflower Scalloped Potatoes Tomatoes or Lettuce, French Dressing Barley Cottage Pudding Maple Sauce **Supper** Shell Beans, Stewed Boston Brown Bread (reheated with Cheese) Stewed Plums Tea
TUESDAY	**Breakfast** Puffed Rice, Berries, Top Milk Eggs Scrambled with Dried Beef (4 ozs.) Small Potatoes Baked Hominy Mush, Fried Coffee, Cocoa or Milk **Dinner** Filets of Fish Baked with Oysters Potato Cubes, Maitre d'Hotel Boiled Onions Pickled Beets Baba (ryeflour) Canned Apricot Sauce **Supper** Cream of Corn Soup, Wheatless Crackers Barley Ginger Cakes Tea	**Breakfast** Corn Puffs, Berries, Whole Milk Eggs Scrambled with Cheese Rice Crusts Coffee, Cocoa or Milk **Dinner** Fresh Fish Chowder Wheatless Crackers Mustard Pickles Squash Pie (barley crust) Cottage Cheese **Supper** Lima Bean Salad Boston Brown Bread Baked Pears Honey Drop Cookies Tea
SATURDAY	**Breakfast** Cornmeal Mush, Whole Milk Eggs Shirred with bits of Chicken and Cream Sauce Oatmeal Griddle Cakes Coffee, Cocoa or Milk	**Dinner** Corn-and-Cheese Soufflé Kohl Rabi, Creamed Baked Potatoes Sliced Tomatoes French Dressing Peach Pie, Barley Pastry
		Supper Boston Baked Beans Spider Corn Cake Sliced Peaches Wheatless Crackers Tea

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Food Suggestions for August-September

By Janet M. Hill

AS we prepare copy for the August-September number of AMERICAN COOKERY, the word from the United States Food Administration is, "limit the meat (including chicken) for each individual in your family to two pounds per week. This two pounds is the weight of the meat or fowl as purchased and thus includes bones and other refuse; limit the consumption of sugar to three pounds per month for each individual and wheat flour, if it be eaten at all, to six pounds per month. If possible cut out all use of wheat flour till the new crop is harvested."

In some sections, at least, rye is harvested in August and rye flour is available soon after. In New England many families for generations have made bread from new rye late in August and early in September. The rye, ground between huge stones in a mill run by water power, was used with little or no admixture of wheat, and was thought to be the sweetest tasting bread that could be made. Mixed at noon with yeast from the "distillery," the bread was baked and cooled in time for the six o'clock supper, where it appeared with berries, smoked fish or cottage cheese. We are inclined to think that even now, with different facilities for grinding the grain and leavening the loaf, that rye bread might be made successfully without wheat, save for flouring the board during molding, if the quantity of yeast be increased enough to insure quick rising, *i. e.*, a full cake to two cups of liquid, the bread being mixed in the morning.

We have given Baba among the Seasonable Recipes. Baba — a cake or pudding as you will — originated in Poland, and was made originally of rye flour. It makes a hearty, satisfying dessert. One loaf will serve eight or ten individuals. Any left over is good reheated.

Most households have, by now, so ordered their meals that no inconvenience is experienced in curtailing the meat supply. The articles substituted for meat will vary with the occupation, but, in any event, too much cannot be said of the importance of keeping up the milk supply. Vegetables and fruit, so plentiful and valuable at this time, need to be supplemented by some form of food rich in protein, to provide a balanced meal; cheese is but milk in another form; combine milk, cheese and eggs with corn, onions, spinach, cauliflower in soufflés, timbales and custards and satisfaction will surely follow; for the cycle is complete, and the meal is balanced. The complaint is made that "made dishes" do not "stand by one." Everything depends on the composition of those "made dishes." If food is to "stand by one," it must contain some proportion of protein to be digested in the stomach. Milk, cheese and eggs are among the choicest forms of protein, and in comparison with meat are not as expensive as a casual glance would seem to indicate.

Formerly most housekeepers planned their meals a day at a time. With the existing food regulations in force, planning the meals for a week at a time simplifies the work and enables one to make

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the supplies last through the week. Sit down with pencil and paper and multiply the number of pounds, each, of meat, sugar and flour to which each person is entitled for the week by the number of persons in the family; deduct the quantity of sugar that must be reserved for tea, coffee, cereals and fruit, meanwhile thinking up ways in which this quantity may be lessened — (cheese, dates, figs, etc., with cereal; fried cereal, mush with molasses or syrup, etc.), then plan to use the rest of the sugar in the way most satisfactory to your family. Plan out these ways and adhere to them, unless improvement suggests itself.

Vary the selection of meat from week to week; at least once in a month choose leg of lamb (yearling), this in a family of four or five persons will furnish nearly all the meat allowable in the week, but it "spends well," and half a cup, chopped or cut in thin bits, and added with broth from the bones to a dish of squash or egg-plant, cooked with onions, tomatoes, cheese and rice (cook the rice in the broth) will furnish one hearty meal of one dish. (See Egg-plant with Rice, Seasonable Recipes). Liver, tripe, tongue, heart and kidneys may be used outside of the stipulated allowance. Thus with fresh fish, eggs, cheese and milk to fall back upon, keeping within the meat allowance should not phase any one. Remember that it takes more effort on your part to feed your family now than it did a few years ago. If you are not spending more time in your kitchen than formerly, and, especially, if you have children, and are not using more milk than formerly, you must take care lest your family be not nourished adequately.

Do You Eat Patriotically?

IT is a patriotic duty to eat properly, according to Mrs. Alice Peloubet Norton. This means eating regularly, slowly, and cheerfully, with emphasis on the smile that accepts all forms of war bread and sweetless desserts without grumbling.

"Eat properly; that is a patriotic duty. Let only an emergency interfere, and don't let that emergency occur often. We ought to boast that we can accomplish our work so that we have time for our meals, and if we take time for our meals we can accomplish more work. It seems to me that there has never been a time when it is so necessary for every one to be at his best, mentally and physically, and to have poise both of mind and of body. Half eaten, hurried meals do not make for poise.

"Today one of the things we need is speed, but we get more speed when we can think clearly, and we think clearly when our bodies are well. It is only the genius who can keep busy every minute, without meals and proper rest, and still work effectively. Many persons set such a pace that by the end of the day they are excited and hysterical. When an emergency comes they cannot meet it. They fail when they are most needed. Their nerves may break down under the strain they have imposed upon themselves. In America we often say, 'I am so busy.' We say so much about it that we make ourselves feel hurried just by talking. And after all, the 'busy' is very much in our own attitude.

"It is worth while occasionally even to sit still and hold one's hands. We need more of the serenity and peace that come with quiet. Instead of speeding up, we actually lose time if we don't get a certain amount of recreation. Even President Wilson goes golfing.

"Smile while you eat. Don't grumble about the food. The mental and spiritual attitude counts for digestibility. If you go to a lunch room and complain about the food, or go home and complain about the food, that whole spirit is unfavorable to digestion."

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My Bit in Food Economy

By Mrs. J. Brooks

I AM trying to do my little bit in Food Economy by —

Serving no butter when we have gravy or plenty of sauce. The children prefer the latter to butter on baked or boiled potatoes.

Using a spatula to scrape every vestige of food from the cooking utensils.

Boiling potatoes, carrots and similar vegetables in their jackets and peeling them afterwards.

Using a potato knife, a round blade with a sharpened slit, which may be purchased for a dime, and which enables one to pare apples or vegetables with great speed, yet have the paring always of the same thinness.

Serving no sweets at any of my little parties, substituting sandwiches or wafers made of graham bread or other grains beside wheat.

Serving celery-leaf soup as often as we have celery. To make it, cut with a pair of scissors all the leaves from two stalks of celery. Add to it any leftover mashed or riced potato, or three raw ones diced, and three diced onions. Cover with water and simmer until tender. Thicken with two tablespoonfuls of flour and one pint of milk and season with salt, pepper and oleomargarine.

In Fuel Economy by —

Cooking things in quantities to last several meals. Sauces, soups, vegetables, and many kinds of meat come under this class.

Using the steam cooker as much as possible, thereby saving food as well as fuel. A whole meal may be cooked over one burner without any loss of food value, and odds and ends of things may be canned while the meal is being cooked. It is a boon to the small householder with a little garden, where the surplus for canning is only a quart or two at a time. It saves dishwashing, too, as the food may be cooked in the serving dishes – and then one has a little more time for Red Cross sewing.

Introducing moisture into the rooms adjacent to the kitchen by means of a kettle of water kept boiling on the range. Less coal is required to heat the rooms and there is always hot water on hand for starting the steamer or other purposes without the waste of heating it.

Weighing the oil lamps that are not transparent as I fill them, thereby saving quarts of oil each year, as I invariably run them over in the old way. I set the lamp on the scales and watch the hand, having previously ascertained the weight of the filled lamp.

Other little Economies in needed things:

The use of sewing scraps, or old rags, in the kitchen, instead of the paper towels I formerly kept hanging above the sink for wiping greasy dishes before consigning them to the dishwater or wiping up anything spilled. I made a gingham bag to match my kitchen curtains, shaping it like a bucket with a stiff round bottom and large open top easy of access, and into it are thrown all bits of tissue paper and cloth that are of no further use.

Baling all waste paper and saving it for the rag-man. We cover the inside of a soap box with heavy paper or an old cloth, then lay long stout cords both lengthwise and crosswise of the box leaving the ends long enough to tie over the top when the box is filled.

Making soft soap for shampoos and all sorts of cleaning. I throw all scrap and thin cakes of soap into bags to dry out — toilet soaps in one and kitchen soaps in another. When filled I take a mallet and pound them, then boil the powder with twice as much water, pouring the toilet jelly into cold cream jars and the other into a large jar that sits on the sink.

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Door-Yard Shopping

By Alice E. Whitaker

"ALA–BAM, Ala-bam, hyars yer Alabamy man," comes the sing-song, yet melodious cry through the hot summer air. I look out to see the incongruous cart poking its way among the motor cars and trucks in the city street just to note what the dusky collector of odds and ends had managed to bargain for at basement doors. Piles of newspapers, the skeleton of an old range, and some worn straw matting were the sole burden of the slowly moving vehicle.

It is queer how thoughts will run back on even your busiest day. I was a tiny little girl again and the red cart of the itinerant tin-peddler had driven into the yard of a New England village home. Mother brought two bags of rags from the attic stairway, where they had hung on their respective nails for months. The white rags had all been washed before storing in the long narrow bag, while the colored scraps that were in the short wide bag were just as clean; New England housekeeping was honest even to the depths of the rag bag.

Grandmother, with her fine-sewing spectacles raised hastily over her forehead, was hurrying to sort some belated rags, but the tin-peddler was in no rush. He had the harmless gossip of the farming section to relate, and was eager to get village news to take further along when the trading should be completed. Out from the front of the cart he brought the steelyards (prounounced stilyds) and carefully weighed the bags and their contents, then he weighed each bag alone. After much figuring he arrived at the sum due, which, if the white rags predominated, would generally make an amount sufficient to add a good bit to the kitchen furnishings.

Now came the time for which I had waited. Each side of the cart was lifted and fastened up; little cupboards and drawers were disclosed that would be the envy of the modern kitchenette cook. Wooden pails, tubs and mop handles were hung here and there, brooms stood attention at the back, some bulky articles swung below, others rested on top, and were kept from falling off by a little rail. The wonder was that the old white horse could draw the whole affair over the rough, hilly roads, but then one remembered that he had long respites, while the bartering of rags for utensils went on. It took a deal of thought to make the exchange without the help of a few copper cents from one party or the other.

I was lifted up to look within the wagon and see the shining milk pans, dinner pails with covers, oil cans and the tapering tin kettles with bails that could be set well down in the stove. For some reason these were called camp kettles, and were a great improvement over the iron dinner pot, then in general use. There were leaf cookie cutters and mixing spoons, lamp wicks and candlesticks, tin rattles for the babies, and red and blue drinking cups in the long, narrow boxes on the sides, which were indeed miniature ten cent stores. In another compartment were a few thick glass tumblers and lamp chimneys that the worst jolting could never break.

When the trade was finished, if there had been a fairly large transaction, a tin teaspoon, or a small scalloped tin was likely to be given to me as a sort of lagniappe. Then came the closing of various lids and doors of the van, the last exchange of pleasantries and weather predictions and the equipage went rattling out of the yard with all the pomp of a coach and four.

The telephone rings and a voice asks, if I am ready to push that war-on-waste work in the club, and do I know, if house-

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keepers saved their rags now, who would buy them. I nearly replied, "You know Mr. Smith does not come for another six months," but realized that this is another day, just in time to say that we should have to consult the list of junk dealers in the city directory.

The red cart with its jolly, but shrewd driver will never come our way again. The times have changed.

War Bread and Wheat Substitutes on the Pacific Coast

By H. A. Crafts

I WENT to my friend the miller and found him in a complacent, if not cheerful mood.

Of course, the first question was the wheat question; the next was that of wheat substitutes.

As to the wheat supply, present and future, he spoke with confidence.

On the Pacific Coast, at least, there seemed no danger of a shortage.

The wheat crop on the coast, as well as all over the country, promised well.

There appeared to be a good chance of harvesting that billion bushels which has been the hope of the nation.

At our back door stands Australia, with three years' crops of wheat unmarketed.

It is only a question of ships to bring it here to obtain unlimited supplies from that quarter.

Big ship loads are arriving almost daily from that far country, and are being milled here for general distribution.

My friend, the miller, informed me that wheat substitutes were playing a strong part in the conservation game.

Whole-wheat flour is the only pure wheat flour being milled today on the Pacific Coast.

The popular substitutes being used were barley, rice, Indian corn, Egyptian corn, millo maize, etc.

Of barley, California alone produces annually between 35,000,000 and 45,000,000 bushels. So here is a substitute of no small importance.

California also raises more than five million bushels of rice each year, which comes in handy just at this time.

Now the millers are not only turning out flour combines, but are making straight brands of other cereals than wheat.

Pure barley flour is a common product.

A new flour is one made of white Indian corn, and this is being absorbed in liberal quantities, both for family and manufacturing purposes.

One Oakland pie manufacturer has discovered the fact that white corn flour makes excellent pie crust, and now he is using it altogether in his business. He says that the new flour makes sweeter and more crisp pie crust than pure wheat flour; and it don't require so much fat for shortening.

War bread is becoming quite popular in California. Barley flour is the general substitute employed; and while the bread is somewhat darker, it is of a finer and closer texture than pure wheat bread.

Then it is more moist and has a better keeping quality; also it has a stronger flavor, which the people are coming to like. They further declare that the new bread is more healthful and nourishing.

I went to my friend the baker, and he also appeared to be in a very cheerful frame of mind.

He informed me that in all his bread he was using 30 per cent substitutes for wheat flour.

In all pastry he was using 50 per cent substitutes, which were of the same varieties as those used in making bread.

The only fault he had to find was that all of the substitutes were higher in cost than pure wheat flour; and he thought that they should be brought down to the same level in justice to the baking trade.

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Contributions to this department will be gladly received. Accepted items will be paid for at reasonable rates.

A Suburbanite's Substitute

IN these days when so much thought is given to the matter of floral decoration in the home, we Americans are copying, more and more, the artistic ways of our dainty and fascinating Japanese brethren. The art of the arrangement of flowers in low flat dishes is becoming so popular as to amount to a fad.

Our Japanese neighbors have taught us that the use of some sort of holder, placed in the center of the flat dish, is indispensable as a means whereby the most natural, as well as the most unique, effects of flower-arranging can be attained. For instance, how much more artistic, because natural, the effect of an iris blossom or two with a few of the sword-like leaves, when stuck into the small holes of some unobtrusive holder in the bottom of the low bowl, than when placed, however gracefully, in the most beautiful or in the most simple of vases, where the flowers and leaves depend upon the sides of the vase itself for the support necessary. I have seen even the most ordinary handful of grasses so placed, and so manipulated by the deft hand of a gifted Japanese butler, as to convey the idea of wind blowing gently across them; and this in hot, sultry, summer weather, when no breeze was stirring through the open windows. It was refreshing as a simple center-piece at a beautifully-appointed dinner-table, and was accomplished by means of the inexpensive, and almost invisible, metal holder consisting of nothing more than a cluster of holes, as it were, with, of course, the artistic sense and skill of the Japanese himself.

Upon the occasion of a shopping trip from my suburban home to the metropolis, one day, I had made up my mind to take back with me a flower-holder, but I forgot the flower-holder until I was well on the homeward way.

Nasturtiums were in blossom, and we had hosts of them. I was arranging some for the luncheon table the next day, and trying not to regret the holder I had not thought to buy. I had a dark blue bowl, and was trying not to make just a huddled up mass of blossoms boil out over its edges, when a sudden idea came to me. I thought I could give each flower room to show itself in entirety, at least. I took a piece of white typewriter paper and the shears; cut a circle from the paper exactly the size to slip inside easily; then with a punch, I began to make holes in the paper, first folding the paper so that one grip of the punch made a number of holes. Then, opening my punched circle, I slipped it inside of the bowl, the water being below the paper, and it was an easy matter to stick the nasturtiums into the holes of the circle in such a way that, instead of a disorderly mass of flowers, I had each blossom standing out by itself with plenty of elbow-room. When filled, the paper circle was hidden from sight, and my guests wondered how I had arranged the blossoms so as to make them stand out so beautifully.

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Encouraged by the success of my nasturtium holder, I ventured on an attempt at a flower-holder for a beautiful, low dish, given me for a present recently — the dish for which the flower-holder I had forgotten to buy would have been the very thing. I took a thick piece of cardboard — so thick that the hand punch would make no impression — and with hammer and workman's punch, made holes in the cardboard. My strip was narrow, and when I had bent each end down for it to stand upon — like a toy bench — it was about four and a half inches long. A stone in the middle of it, kept it stationary in the water, and into the holes I stuck my flowers — a few sprays of pink snapdragon. My cardboard being dark of color, was inconspicuous, and tough, was not soaked to pieces by the water during the hours for which I wished the special flower-arrangement. It was as successful as my paper nasturtium-holder had been. My admiring guests praised my substitute for the real article, but when my next shopping trip is due, the first item on the list this time will be the genuine holder, one of which useful things I think should be in every family.

Whoever cannot get such a convenience for flower-arranging readily, however, may be glad to profit by my own experience. An ingenious mind will be able to improve upon the home-made device. B. E. W.

* * *

Ripening Pears "Out of Season" By Hothouse Methods

IT is not at all unusual, at this day and age, to get tomatoes, strawberries and other vegetables and small fruits out of season, since these hothouse products are now so common on the market.

We would be surprised, however, to hear of any one forcing pears on a commercial scale by hothouse methods. Yet, this is what the French horticulturist has been practising during comparatively recent years.

This is how he does it. Long, fairly deep and wide trenches are dug and lined with concrete. Steam pipes connected with a large central heating plant are laid in the bottom of the trenches. The trenches are then filled with earth and the pear trees planted therein.

When the trees are in bearing, heat is applied to the roots by means of the steam pipes, thus causing the pears to ripen much earlier than they would under natural conditions. The grower applies the heat so as to ripen the fruit at the time the market for pears is at the highest point.

The French lead the world in the science of fruit growing and plant breeding, and are conceded to be the most skilful horticulturists of today. W. R. N.

* * *

Little Ways of Saving Fats

USE bread and butter plates — yes, even if you do your own dishes. Every bit of left-over butter or margarine can be saved this way. It can't be, or isn't always if put on the dinner plate.

"Taboo all recipes which say 'fry in deep fat'."

Save rinds from bacon, ham and other meats and try them out.

Before washing butter jar, or any other dish that has held fat, set it on the stove. Particles clinging to sides and bottom will melt and can be poured off.

When you use nuts in any way, consider them fats and don't duplicate with other fats.

Don't grease your pancake griddle. Cakes can be baked without fat on just an ordinary griddle if it is the right heat.

When serving gravy with mashed potato, don't put any butter in potatoes. Simply beat them up light with milk.

Don't serve gravies and meat soups too rich. Skim off some of the fat for another day.

Don't put butter or other fat in dressing for poultry. If it is a fowl worth buying, it has fat enough of its own to season dressing.

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Save oiled wrappers around bread, butter, etc., and use them to line cake and cooky tins. F. L. C.

* * *

Pickled Peppers

½ peck peppers
2 quarts vinegar
1 scant cup salt

Bring salt and vinegar to a scald. Do not get vinegar too hot, as it softens the peppers.

Scald vinegar and salt three successive days and pour over the peppers. Then pack in glass jars. One quart of the uncooked peppers makes one pint of the pickled.

Cottage Cheese

When making cottage cheese from sour milk the whey which drains from it can be used in any recipe that calls for sour milk in the place of the milk. I have used it for chocolate cake, corn muffins, gingerbread, and so on, where it seems to be just as good as sour milk. For doughnuts it is better than thick sour milk. E. C. R.

* * *

Cucumber Pickles

1 gal. *very* best vinegar
2 cups granulated or brown sugar
1 cup *best* mustard
½ cup salt
1 small handful of laurel leaves

Method: pick the cucumbers from the vines, wash and wipe dry. Place the above mixture in a large, clean crock and stir till the ingredients are dissolved. Then put in the cucumbers, prepared as above. To insure success, prepare cucumbers as soon as picked, and place at once in the liquid. Cucumbers can be added, from day to day, until the crock is full. Then cover with a plate and put on a weight. It takes several weeks for the mixture to impregnate the cucumbers, but when thoroughly soured they are ready to use.

We have no regard to size. Small ones, one and one-half inches long and one-half inch in diameter, as well as large ones three inches long and an inch in diameter, are put in together and in the end are equally excellent.

For all that the recipe calls for so large a quantity of mustard, they are in no sense mustard pickles, and do not taste of mustard.

They are green, crisp and of the finest flavor. The last of March they will be as nice, firm and tasty as when first prepared.

Only since discovering this easy and satisfactory method of preparing pickles, have we had all we want.

I am most enthusiastic over these pickles. They are a real find and I have the greatest pleasure in passing on so valuable a method. F. M. C.

* * *

Mint Chutney

Mint can be found almost anywhere at this time of year, few people ever finding any use for it. Mint sauce is delicious, and is very easily made. Chop the leaves, pour over them a half-cup of boiling water and add two tablespoonfuls of sugar. Cover and set in refrigerator for an hour or two, then add a quarter a teaspoonful of salt, a dash of paprika, and four teaspoonfuls of vinegar. Mix thoroughly and serve with meat.

Another Mint Chutney

This is delicious. To one cup of nice, clean mint leaves add a cup of seeded raisins, two tablespoonfuls of sugar, one of tomato catsup and a half spoonful of salt. Mash and stir until all ingredients are thoroughly united, then serve with cold meats. J. D.

* * *

Oatmeal-Graham Bread

4 cups oatmeal (ground)
4 cups white flour
3 cups liquid, including yeast dissolved
2 cups mashed potato
3 tablespoonfuls sugar
1 tablespoonful salt
2 tablespoonfuls shortening
1 cake compressed yeast

Molasses may be added if desired. The oatmeal is ground through the finest knife

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of a food chopper, which makes it similar to graham flour.

This flour may be used for gems, pancakes, cookies, pie crust. E. D.

* * *

Maple Walnut Custard

4 eggs
½ teaspoonful salt
2-3 cup maple sugar, shaved
2½ cups milk

Pour into custard cups and bake slowly, surrounded with hot water, until firm in the center. When cold, turn out on individual plates, pour over a little maple syrup and sprinkle with chopped walnuts.

Oatmeal Cookies

Cream ½ cup shortening with 7-8 cup sugar, beat in 1 egg.
Sift 2 cups barley flour again, with
1 teaspoonful salt
¾ teaspoonful soda
2 teaspoonfuls cinnamon

Add flour mixture, alternately, with one-half cup milk, add one cup chopped dates or raisins, two cups of rolled oats.

Drop by teaspoonfuls, and bake in moderate oven. M. A. C.

* * *

Cottage Cheese by Government Method

Take one gallon of sweet skim milk; add three-fourths of a cup of clean, sour milk and stir as it is put in. Raise the temperature in hot water to 75 degrees Fahrenheit, using a dairy thermometer. Remove from heat and place where it is to remain until set. Add one-eighth of a junket tablet thoroughly dissolved in four tablespoonsfuls of cold water; stir while adding. Cover with cloth and leave from 12 to 16 hours in even temperature, about 75 degrees Fahrenheit. There should be a slight whey on the top, and when poured out the curd should cleave sharply. Drain through cotton cloth, not cheese cloth. When whey has been drained out, work in one or two teaspoonfuls of salt to the cheese, according to taste; 1½ to 2 pounds of cheese should be obtained from a gallon of milk.

Add Different Fish to the Family Diet

Fresh Fish

YOU should be able to get these in season in your locality:

New England. — Alewife, cod, cusk, flounder, goosefish, grayfish, haddock, hake, halibut, herring, mackerel, mullet, pollock, salmon, scup, sea trout, shad, smelt, squeteague, sword fish, tilefish, whiting.

Middle Atlantic. — Alewife, bass, bluefish, butterfish, carp, catfish, cod, flounder, goosefish, halibut, mackerel, perch, rock, salmon, shad, smelt, spot, tilefish, weakfish, whiting.

South Atlantic. — Alewife, bass, bluefish, carp, catfish, drumfish, mullet, perch, shad, Spanish mackerel, spot, squeteague.

Pacific Coast. — Barracuda, bass, flounder, grayfish, halibut, herring, pike, rockfish, sable fish, salmon, smelt, trout.

Mississippi Valley. — Black bass, bowfin, buffalo, burbot, carp, catfish, crappie, drumfish, pike, red snapper, rock bass, sturgeon, sucker.

Great Lakes. — Bass, bowfin, burbot, carp, catfish, drumfish, lake herring, lake trout, perch, pike, sturgeon.

Gulf. — Barracuda, buffalo, carp, catfish, croaker, drumfish, mullet, Spanish mackerel, squeteague, sturgeon.

Salt, Smoked, and Canned Fish

These may be had the year round and deserve to be used more extensively. Ask your grocer if he has these kinds for sale:

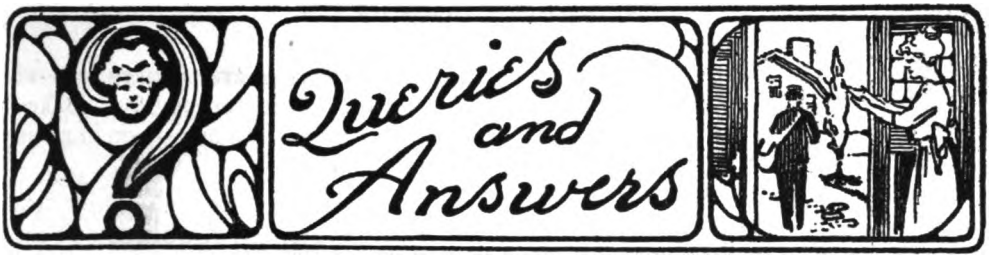
Dried Salt Fish. — Barracuda, burbot, channel bass, cod, haddock, hake, pollock, shark, whiting.

Brine Salted Fish. — Herring, mackerel, mullet, sable fish, salmon, shad.

Smoked Fish. — Carp, catfish, eel, finnan haddie, hake, halibut, lake trout, pollock, salmon, sturgeon, whitefish.

Canned Fish. — Cod, grayfish, haddock, herring, mackerel, salmon, sardine, tuna fish. U. S. F. A.

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THIS department is for the benefit and free use of our subscribers. Questions relating to recipes and those pertaining to culinary science and domestic economics in general, will be cheerfully answered by the editor. Communications for this department must reach us before the first of the month preceding that in which the answers are expected to appear. In letters requesting answers by mail, please enclose address and stamped envelope. For menus, remit $1.00. Address queries to Janet M. Hill, Editor. AMERICAN COOKERY, 221 Columbus Ave., Boston, Mass.

QUERY No. 3967. — "Recipe for Moist, Spongy Gingerbread, finished with a chocolate icing. The gingerbread is particularly moist, sometimes contains nuts and sometimes fruit."

Moist Spongy Gingerbread

1-3 cup shortening
1 cup molasses
1 egg, beaten light
1 cup thick sour milk or 1 cup whey
1½ cups wheat flour
1½ cups barley flour
2 teaspoonfuls soda
½ teaspoonful salt
1 tablespoonful ginger

1 cup nut meats, broken fine
or
1 cup currants or raisins cut in halves

Mix in the order enumerated; sprinkle on the fruit or nuts after the mixture is in the baking pan. Bake in two bread pans, about fifty minutes, or in a dripping pan about thirty minutes. If preferred, the fruit and nuts may be mixed through the dough, and the top of the gingerbread finished with a chocolate frosting. This makes a moist, light gingerbread, but has no features out of the ordinary.

Chocolate Frosting for Gingerbread

3 tablespoonfuls cocoa (powdered)
3 tablespoonfuls coffee (liquid)
½ teaspoonful vanilla
1 1-3 cups confectioner's sugar (about)

QUERY No. 3968. — "Please give menus for Light Luncheons for Motor Parties — not box luncheons, but served at small tables."

Light Luncheons for Auto Parties

(Quickly prepared)

I

Joints Boiled Fowl, Sauté
(rolled in cornmeal)
Hominy or Rice Puffs
(page 33, June-July, '18)
Potatoes Hashed in Milk
Lettuce and Tomatoes, French Dressing
Toasted Crackers
Cottage Cheese
Coffee

II

Mexican Rabbit on Barley Biscuit
(cheese, green corn, tomatoes, egg-yolks)
Fresh Cucumbers, French Dressing
Sliced Peaches
Cornflour Sponge Cake
Coffee

III

Eggs à la King
Fifty-Fifty Biscuits
(reheated)
Sliced Tomatoes, French Dressing
Prune Whip, Thin Cream
Coffee

IV

Cream of Corn Soup
Oysterettes
Lettuce, Tomato-and-Sliced Egg Salad
Oatmeal Bread
Tea

V

Mock Bisque Soup
Blueberry Pie
Cottage Cheese
Coffee

VI

Breaded Filets of Fresh Fish, Sauté
Potatoes Cooked in Milk
Cucumbers, French Dressing
Coffee Jelly, Whipped Cream

VII

Spanish Omelet
White Hashed Potatoes
Lettuce, Pear and Cheese Salad
Toasted Crackers
Coffee

VIII

Cold Boiled Tongue, Sliced Thin
Potato Salad
Raspberry or Blackberry Shortcake
Coffee

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QUERY No. 3969. — "Recipe for Cornbread Sticks without eggs or baking powder."

Cornbread Sticks

All sorts of cornmeal muffin mixtures may be baked in breadstick pans. Hoe cake, or cornmeal and salt, with boiling water to mix to a stiff batter, is probably the recipe you have in mind. Set the mixture into the well-greased pans neatly. Do not fill the pans too full. The finished stick should be largely crust.

QUERY No. 3970. — "Recipes for Inexpensive Cakes and Salads for an ice-cream parlor, serving tea and light luncheons."

Plain Chocolate Cake

¼ cup butter
1 egg, beaten light
1½ cups sugar
3 ounces chocolate, melted
3 teaspoonfuls sugar
½ cup boiling water
1 cup milk
1 cup wheat or barley flour
½ cup rice flour
3 teaspoonfuls baking powder
1 teaspoonful cinnamon
½ teaspoonful salt

Cream the butter; beat half the sugar into the butter, the other half into the egg, and beat the two together; beat in the melted chocolate; to the chocolate left in the dish add the three teaspoonfuls of sugar and the boiling water, and stir until smooth and boiling; let chill. Add the milk to the first mixture, alternately with the flour sifted with the baking powder, cinnamon and salt, and beat in the cooled chocolate mixture. Bake in a papered and buttered pan, 7½ x 11 inches, about thirty minutes.

Barley Drop Cakes

1 egg, beaten light
2 tablespoonfuls melted shortening
¾ cup brown sugar
½ cup cocoanut
½ cup rice flour, or cornstarch
1 cup barley flour
½ teaspoonful salt
2 teaspoonfuls baking powder
1 teaspoonful cinnamon
¼ teaspoonful clove
½ cup water

To the beaten egg, add the shortening, sugar and cocoanut. Sift together the flour, salt, baking powder and spices; add to the first mixture alternately with the water. Beat thoroughly. Bake in small tins, or drop from a spoon in greased biscuit pans.

Oatmeal Cookies

1 egg, beaten light
¼ cup sugar
¼ cup melted shortening
1 1-3 cups ground rolled oats
¼ cup cocoanut
¼ cup barley flour
¼ cup rice flour, or cornstarch
1 teaspoonful baking powder
¼ teaspoonful salt

To the egg, beat in the sugar, shortening, oats and cocoanut; add the flour, baking powder and salt, sifted together, and beat thoroughly. Drop from a teaspoon on a greased tin. Bake in a moderate oven about ten minutes.

White Cake

½ cup shortening
7-8 cup sugar
½ cup milk
1 cup wheat flour
½ cup rice flour
3 teaspoonfuls baking powder
½ teaspoonful salt, if shortening unsalted
3 egg-whites, beaten very light

Mix in the usual manner; bake in loaf, layers or little cakes. One cup of barley flour may replace the wheat flour by changing the name of the cake.

Moist Cake

4 tablespoonfuls shortening
1 1-3 cups sugar
4 egg-yolks
7-8 cup milk
1 cup wheat or barley flour
¼ cup rice or corn flour
1½ teaspoonfuls baking powder
3 egg-whites

Mix in the usual manner. Bake in a large biscuit pan. Cover with Maple Frosting.

Maple Frosting

¼ cup maple syrup
1 tablespoonful corn syrup
1 egg-white

Cook all the ingredients together seven minutes, in a double boiler, over actively boiling water, beating constantly, meanwhile, with a Dover egg-beater.

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Inexpensive Salads

French dressing is probably the most satisfactory dressing that can be made. For variety have about a cup of dressing made with scraped onion-pulp, fine-chopped parsley and paprika, stored in a fruit jar. Use considerable onion, paprika and parsley. If onion flavor is agreeable to the patrons you are serving, add one or two tablespoonfuls of this dressing to such portion of plain French dressing as you are to serve. Or add one or two tablespoonfuls of tomato catsup, or chili sauce, to the French dressing. Crisp heart-leaves of lettuce make the most satisfactory foundation possible for any variety of vegetable or fruit salad. With the lettuce use: beets stuffed with chopped cucumber, string beans, lima beans (fresh or dried), molded Swiss chard leaves, spinach, beet greens, with or without hard-cooked eggs.

For special salads, try halves of raw, very ripe (or canned) pears, with cottage cheese, or cubes of Young America, or similar cheese, with mayonnaise dressing, made with mustard, paprika and a little chili sauce; or lengthwise slices of lightly cooked prunes and pecan nut meats, with French dressing, or a dressing made of whipped cream and lemon juice.

QUERY No. 3971. — "Recipe for Elderberry Pie, using both fresh and canned berries."

Elderberry Pie

To a pint of berries, picked from the stem (or canned), add one cup of sugar, two crackers rolled fine, half a teaspoonful of salt, and the juice of half a lemon or half a teaspoonful of cloves or cinnamon, or a mixture of these. Mix thoroughly and bake with two crusts about twenty-five minutes.

QUERY No. 3972. — "Kindly advise how Rice Flour may be used."

Uses for Rice Flour

One loaf of most excellent yeast bread, white, light and puffy, may be made by the following formula.

1 cup liquid
1 tablespoonful shortening
1 tablespoonful sugar
½ teaspoonful salt
½ to 1 whole cake compressed yeast
¼ cup lukewarm liquid
1 cup rice flour
2 cups wheat flour

Rice Flour in Cake

In any favorite recipe for cake, use half a cup of rice flour for one cup of the wheat flour designated in the recipe. For a white cake retain the rest of the wheat flour.

If one's desire to serve her country is of more importance than the color of the cake served, use barley or rye flour to replace the wheat flour. Keep the usual proportions of all the other ingredients. The cake will not be quite as large as when made of wheat flour, but will be light and of good texture.

Other Uses for Rice Flour

Pastry, biscuits, etc., made of barley flour, are thought to be a little better when about one-third of the content is rice flour. For use in thickening sauces, soups, etc., a small bowlful sifted several times of one-third rice and two-thirds wheat, barley or rye flour works all right; in use we fill the spoon rather more than level of the last mixture.

QUERY No. 3973. — "Recipe for Patty Shells for serving creamed chicken, etc."

Regarding Patty Shells

At this time the shortage of fats is too great to warrant the making of patty shells. We can account for the several calls for them at this time only on the ground that "blessings brighten as they take their flight." Plain pastry made of barley and rice flour with chicken or other obtainable fat as shortening may be baked on small inverted tins and used for holding creamed chicken, fish, vegetables, etc. However, much more appropriate and really good and attractive patties may be made of mashed potato, by the recipe given on page 578 of the March number of AMERICAN COOKERY.

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QUERY No. 3974. — "Why am I not successful in making Maple Mousse with 1 cup milk, 4 egg-yolks, 1 cup maple syrup and 1 pint thick cream. I always have four or five cups of liquid in the bottom of the can."

Trouble with Maple Mousse

In making any mousse or parfait two mixtures of about the same density are combined. One of these is whipped cream and the other mixture, usually the one which gives the name to the dish, must be of about the same solidity, so that the two will not separate before freezing is accomplished. We see no reason why the ingredients mentioned might not be made into a satisfactory mousse; at the same time there is more liquid than is needed. If the milk is used, the syrup will have to be boiled to the soft-ball stage. The simplest way is to leave out the milk; cook the yolks in the hot syrup as in making a custard; beat occasionally until cold, then fold in the beaten cream. We append another recipe in which by using egg-whites the quantity of cream may be cut down a little.

Maple Parfait, with Egg-Whites

Boil one cup and a fourth of maple syrup to 236° F. on the sugar thermometer, or until a soft ball may be formed of a little of the syrup dropped into cold water; pour in a fine stream on the whites of two eggs, beaten very light, beating constantly meanwhile. Set the dish into ice water and beat the meringue occasionally until cold; then fold into it one cup and a half of cream, beaten very light, but not dry. Chill a quart mold in equal measures of salt and crushed ice, pour in the mixture to fill the mold to overflow; spread a paper over the top, press the cover over it, then cover with salt and crushed ice, using equal measures of each.

This is a delicate parfait, less rich than when made with egg-yolks. When these are selected, the number must be increased to four.

QUERY No. 3975. — "Recipe for Lemon Queen Cakes, and Orange Cocoanut Jumbles."

Lemon Queens

½ cup butter
1 cup sugar
4 egg-yolks
½ lemon, grated rind and juice
½ cup butter substitute
1 cup barley flour
½ cup rice flour
1½ cups pastry flour
½ teaspoonful soda
4 egg-whites, beaten light
or to adjust to present needs use
Salt as needed

Cream the shortening, beat in the sugar, yolks, grated rind and juice (there should be two tablespoonfuls of lemon juice), flour sifted with the soda, and, lastly, the egg-whites. Bake in fourteen small cup cake tins. Use ¾ cup pastry and ¼ cup rice or corn flour.

Orange Cocoanut Jumbles

½ cup butter
1 cup sugar
Grated rind 1 orange
1 egg, beaten light
½ cup orange juice
2½ cups barley flour
4 teaspoonfuls baking powder
Cocoanut and sugar

Mix in the order enumerated. More flour may be required. Roll into a thin sheet, cut into circles with a doughnut cutter; set these a little distance apart in buttered baking pans. Brush the top of each cake with slightly beaten egg-white or cold water, cover with prepared cocoanut, and dredge with granulated sugar. Bake to a delicate color in a rather quick oven.

QUERY No. 3976. — "Should fruit jars be sterilized before use in canning fruit by the 'cold-pack' process?"

Sterlizing Jars for "Cold-Pack" Canning

In canning by the "cold-pack" process, if the jars are washed thoroughly and rinsed in hot water, no further attention is required, for the same heat that sterilizes the product canned will sterilize the jar.

QUERY No. 3977. — "Recipe for bread made with potatoes."

Potato Bread

For two loaves of bread pare, cut in halves lengthwise and wash, two or three potatoes; let boil with just enough water

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Oat Meal Drop Cakes—Wheatless Dainties

Any one in this country who can get along with less wheat and is not doing so is helping the German cause. —*United States Food Administration.*

OATMEAL drop cakes are savory little morsels. The blend of oatmeal and barley flour gives them an unusually gratifying flavor. They are shortened with Crisco instead of butter and therefore measure up fully to the war time demand that we use vegetable fats.

CRISCO
For Frying—For Shortening
For Cake Making

Crisco is wholly vegetable, a rich cooking fat, which, having neither odor nor taste, gives only delicacy to foods. It is the solid cream of edible oil, sweet and wholesome.

It is so pure and of such high quality that housewives find it a satisfactory economy to discard butter in all cooking and depend wholly on Crisco.

Crisco comes in one-pound, air tight, sanitary cans. Try it the next time you order a cooking fat. You will understand why millions demand it.

Oat Meal Drop Cakes

A recipe tested and approved by Good Housekeeping Institute.
—Mildred Maddocks, Director.

½ cupful Crisco
½ cupful sugar
½ cupful raisins
½ cupful nut meats
1 cupful rolled oats
1 egg and 1 yolk
¼ cupful sweet milk
1 cupful barley flour
¼ teaspoonful soda
½ teaspoonful salt

(Use accurate **level** measurements)

Cream the Crisco, beat in the sugar, the raisins and the nut meats chopped together and the rolled oats; beat the egg and yolk, add the milk, and stir into the first mixture, alternately, with the barley flour mixed and sifted thoroughly with the soda and salt. Drop by teaspoonfuls onto a Criscoed pan, allowing one and one-half inches between each cake, make smooth and bake in a quick oven.

A Cook Book for all Seasons

"Oatmeal Cookies" are recommended by Janet McKenzie Hill in "Balanced Daily Diet", as deserving a place among midsummer foods. This book, by the editor of American Cookery and head of the Boston Cooking School, contains hundreds of other recipes that require no butter and many that require no wheat flour. They are carefully chosen to build for physical strength and mental activity. The book is illustrated in color and contains the interesting Story of Crisco. Published to sell for 25 cents, we will send you a copy for ten cents in stamps. Address Dept. A-8, The Procter & Gamble Co., Cincinnati, O.

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to cover, until tender. Remove the potatoes, add to the water left from cooking, enough scalded milk to make two cups and one half of liquid; in it dissolve one or two tablespoonfuls of shortening and add one tablespoonful of sugar or syrup, one teaspoonful of salt, and one cup of the potato, pressed through a sieve or ricer. When lukewarm, take out half a cup of the liquid, crumble into it from one-third to a whole cake of compressed yeast (one-third at night, the whole cake if mixed in the morning), mix and return to the rest of the ingredients; again mix, then stir in half a cup of barley flour with wheat flour for a dough that may be kneaded. Knead until smooth. Cover and let become light. Shape into two loaves. When again light bake about one hour.

QUERY No. 3973. — "Recipes for putting up Damson plums in several ways, and canning Bartlet pears."

Damson Plum Jelly

Wipe the plums, cover them with cold water, cover the dish and let cook until soft throughout. Drain in a bag, pressing out all the juice at the last.

If the juice is to be canned and made into jelly when needed, heat the juice to the boiling point, and pour into jars taken from boiling water. Fill the jars to overflow, then adjust the rings and covers, dipping the rings in boiling water and taking the covers from the water in which they have been sterilized. To make into jelly, boil the juice fifteen minutes, add, for one quart of juice, three cups of sugar, made hot in the oven, and let boil till the syrup "beads" when dripping from the spoon, or to about 218° F.

Damson Plum-and-Apple Jelly

Cook equal measures of apples and plums. Wipe the apples, cut in quarters, discarding all imperfect portions, then finish as Damson plum jelly.

Canned Damson Plums

Wipe the plums, prick each plum in several places, to keep the skin from bursting. Make a syrup by dissolving five cups of sugar in four cups of water; in this cook as many plums as the syrup will cover. Cook the plums about six minutes, covering the saucepan, but removing the cover often to gently push the plums below the syrup. Have the jars and covers sterilized, and standing in hot water; skim plums into a jar, putting in as many as possible; fill to overflow with the boiling syrup; dip the rubber ring in boiling water, and set it in place; adjust the cover and seal at once. Cook no more plums than will fill one or two jars at a time.

Plum Conserve

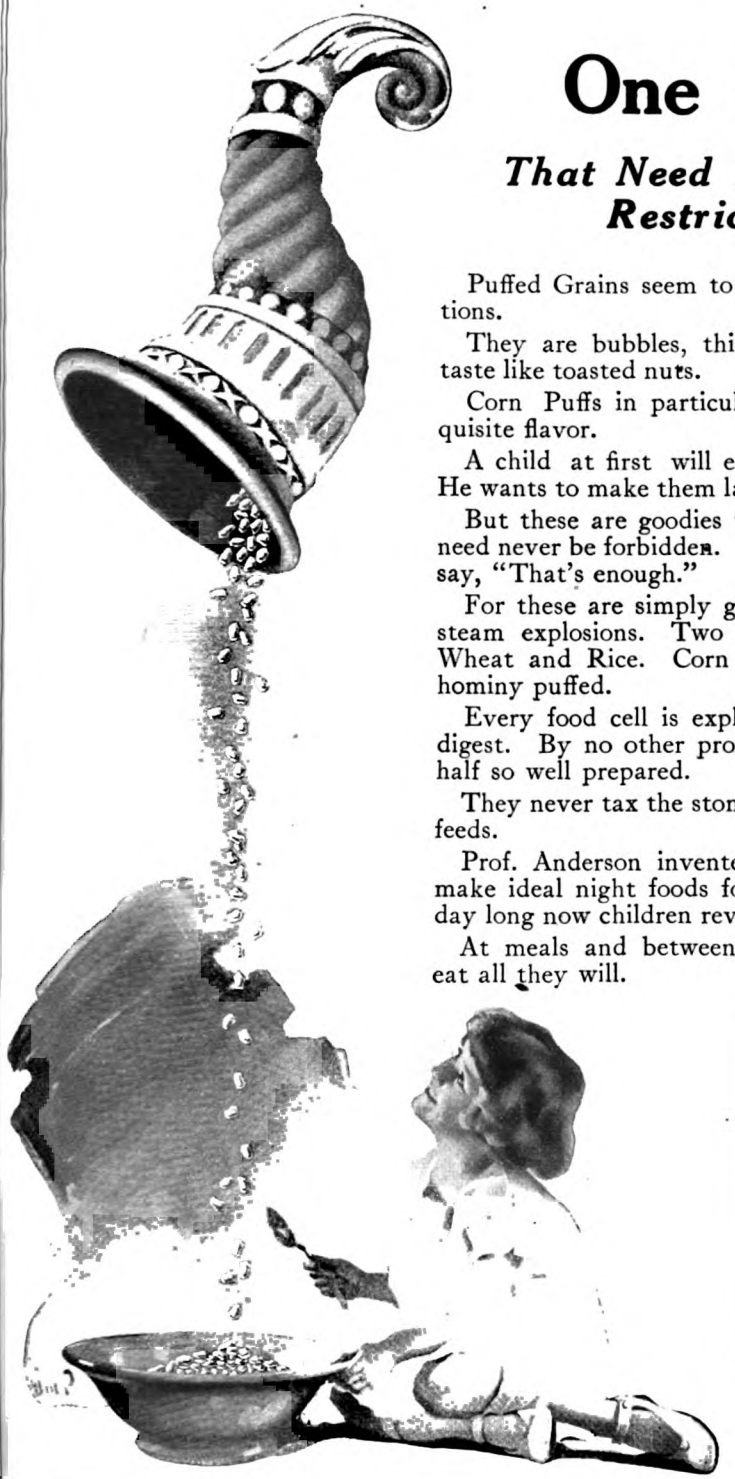
1 lemon
1 orange
2 pints cold water
4 lbs. Damson plums
1 lb. seeded raisins
1 cup sugar
½ cup honey
½ cup sliced pecan meats

Cut the lemon and orange in quarters, then shred as fine as possible; add the water and let stand over night. Set over the fire, and let cook until the fruit is nearly tender and the water is evaporated; add the plums, sliced from the stones, and the raisins, heat to the boiling point; add the sugar and honey, and let cook until thick, add the nut meats, cook five minutes longer and store in sterilized glasses.

Plum Jam

After draining the juice from plums for jelly, without pressing the bag for the last of the juice, turn the cooked plums into a sieve or colander, and through it press the pulp to remove skins and stones. Measure the pulp, heat it to the boiling point, and after boiling fifteen minutes (use an asbestos mat and stir often), add three-fourths of a cup of sugar for each cup of pulp. Have the sugar hot when added. Let cook until the mixture does

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One Joy

That Need Never be Restricted

Puffed Grains seem to children like confections.

They are bubbles, thin and flaky, with a taste like toasted nuts.

Corn Puffs in particular have a most exquisite flavor.

A child at first will eat them one by one. He wants to make them last.

But these are goodies which, at any hour, need never be forbidden. And you never need say, "That's enough."

For these are simply grain foods puffed by steam explosions. Two are whole grains — Wheat and Rice. Corn Puffs are pellets of hominy puffed.

Every food cell is exploded, so they easily digest. By no other process are these grains half so well prepared.

They never tax the stomach, yet every atom feeds.

Prof. Anderson invented Puffed Grains to make ideal night foods for children. But all day long now children revel in them.

At meals and between meals, let children eat all they will.

Puffed Rice

Puffed Wheat

Corn Puffs

All Bubble Grains

Each 15c Except in Far West

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not separate, when a spoonful is tested on a cold dish. Store as jelly. A mixture of various fruit pulps, or even just apple and plum, makes particularly good jam.

Canned Bartlet Pears (Cold-Pack)

The pears should be firm but ripe; cut in halves, lengthwise, remove the cores, then pare. Drop into water containing salt, a tablespoonful to a gallon, to keep from discoloring, or rub over with a lemon, cut in halves. Allow about ten pears to a quart jar. Pack in sterilized jars; have ready a syrup made by heating five cups of sugar in four cups of water until the sugar is dissolved. Pour syrup over the fruit to fill to overflow; put rubber ring, taken from boiling water, in place; set the sterilized cover in place; fasten one clamp, and let cook twenty minutes in wash boiler, eight minutes under steam pressure. Count the time after the water begins to boil.

Canned Bartlet Pears (Open Kettle)

Sterilize the jars, make the syrup as above; when boiling put in the pears, cover and let cook, watching closely, until tender. Pour the water from a jar, remove the pears with a sterilized silver fork to a jar standing in a cloth, wrung out of boiling water; reheat the syrup to boiling; fill the jar to overflow, adjust the rubber ring taken from boiling water and the sterilized cover, and seal at once.

Honey in Ice Cream

An ice cream concern in Spokane, Wash., has effected marked savings in sugar by using six pounds of strained honey and three pounds of sugar to forty-six pounds of milk and cream in its mix. While honey costs a little more than sugar, it makes a fine grade of ice cream, this concern reports, and the saving in sugar justifies a little extra outlay for the substitute sweetener.

Potato Flour in Iceland

Iceland will make a new departure this year in the matter of using potato flour. Already representatives of that government are sending out propaganda looking to the general and extensive planting of potatoes this year. Since the summer season is so short in Iceland and other Arctic countries, the raising of grain is not possible, but its climate is adapted to the raising of potatoes. Plans are being made for the installation of potato milling machinery, so that in a measure Iceland will, in the future, be a little more independent of outsiders for its farinaceous foods. Shortage of shipping, with a consequent curtailment of imports, has made it impossible to maintain Iceland's wheat supplies.

Short production of fresh fish last year was largely due to the draft of vessels and recruiting of men for the Navy. Trawler production has now been materially increased by free admission of Canadian trawlers, and by new construction.

Wholesale prices are now down to comparatively low levels and should remain on this basis for the rest of the season, except that temporary fluctuations may follow storms and climatic changes that would result in decreased production. Until next December there should not be a day that some of the many varieties of salt-water fish will not be available in all markets along the Atlantic Coast. At no time should there fail to be at least one variety of palatable fish that could be sold at retail for 10 cents a pound or less. The Food Administration has announced that dealers who do not offer at least one variety of fish at this price are not patriotically co-operating with the Food Administration or with their customers. Of course, the particular variety available at that price will vary from day to day.

With the approach of next winter, the Food Administration is confident, deep-sea fishing and winter production of ground fish should be restored to normal.

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A Real "Money Back" Guarantee

OUR unconditional guarantee of quality and satisfaction means exactly what it says. If the quality of any of our Certified Brand canned foods does not prove to be the very finest obtainable, our dealers will at once return your money to you. You are the judge. Our label and the guarantee upon it are our pledge and promise to you personally.

OUR GUARANTEE

IF YOU ARE NOT SATISFIED THAT THE CONTENTS OF THIS CAN IS OF THE HIGHEST POSSIBLE QUALITY, YOUR DEALER WILL REFUND THE PURCHASE PRICE.

WILSON & Co.

CHICAGO, ILL., U.S.A.

A partial list of Wilson's certified food products

Corn Beef Hash	Blueberries
Ox Tongue	Gooseberries
Lunch Tongue	Loganberries
Veal Loaf	Raspberries
Sweet Corn	Strawberries
Green Peas	Plums
Tomatoes	Catsup
String Beans	Chili Sauce
Beets	Pineapple
Pork and Beans	Peach Butter
Pumpkin	Jellies
Leaf Spinach	Jams
Asparagus Tips	Peaches
Apricots	Mince Meat
Cherries	Olives
Blackberries	Sardines

If your dealer does not handle our Certified Products write us and we will see that you are supplied. Our distribution is national.



THE WILSON LABEL PROTECTS YOUR TABLE

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THE SILVER LINING

Consairvation

On Monday Meg is fashed tae bake,
What she ca's airmy bread,
A mixture o' sad buns and cake,
An' heavier than lead.
Then whan wi' Meg I take my place,
On hamely fare tae dine,
Wi' unco girn upo' my face,
I swear the bread is fine.

On Tuesday Meg makes up a dish,
Frae some new recipe,
But, losh man, be it fowl or fish
Is quite unkenned by me.
I am compelled tae eat wi' zest,
O' ony kind o' food,
An' then the truth mak' manifest,
By sayin' "Man, its good."

On Wednesday meals are sma' an' few,
Frae mornin' till the nicht,
The best we hae are scones an' stew,
Accepted wi' delight!
The stuff therein I dinna ken,
But wondrous tae relate,
I eat it doon wi' zest, an' then,
I say the food is great.

On Thursday, man, I canna tell,
The kind o' food we get,
But this I ken, it tastes like — well —
I'm snowkin o' it yet.
I think Meg ca's it French ragout,
Nae maitter what the name,
I say, "The best men ever knew,
A' glory tae its fame."

On Friday noo we hae nae meat,
By ancient custom led,
An' then tae help thae Huns defeat,
Losh, man, we eat nae bread.
We place the dishes on the board,
Ca' doon the smile divine,
An' then frae Meg's plethoric hoard,
On imagery we dine.

On Saturday I brak mae fast,
On oatmeal porridge fed,
So ye ken hoo, thae days are passed,
At noon I gang tae bed.
I rise each mornin' wi' the sun,
In sic a donsie mood,
I'd lo'e tae eat the toughest Hun,
An' drink his varra bluid.

— *R. H. Langford.*



Active Little Folks

need the comfortable security given by

Velvet Grip

OBLONG RUBBER BUTTON
HOSE SUPPORTER

Sold Everywhere

Child's sample pair (give age) 20c. postpaid. For Infants—"The Baby Midget Velvet Grip Hose Supporter," Silk 15c; Lisle 10c.

GEORGE FROST CO. - Makers - Boston

Pertinent Question

Senator Smith of Georgia said at an Atlanta luncheon:

"German militarism set out to overrun the world. Before the disasters that have befallen it, however, German militarism must now be feeling a good deal like Cal Clay.

"Calhoun Clay of Paint Rock was fishing for tarpon in Florida, and he hooked such a big one that it pulled him overboard.

"As Cal went over the side of the boat and tore through the water in the tarpon's wake, he said:

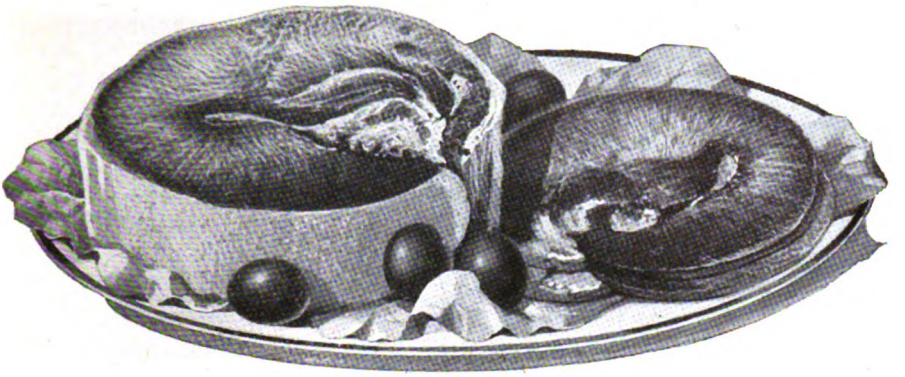
"'Wot Ah wants to know is dis — is dis niggah a-fishin', or is dis fish a-niggerin'?"

Shifting the Responsibility

Bessie had a new dime, says the *Christian Herald*, and she announced her intention of investing it in ice cream soda.

"Why don't you give your dime to the missions?" asked the minister, who was calling.

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Morrell

"Since 1827"

Ox Tongue

TIRED appetites of mid-summer will welcome this zestful food delight. It is delightfully delicious; ready to use on a moment's notice. Superb for home luncheons or on outings.

Send for a complimentary copy of our new recipe book, written by Mrs. Ida C. Bailey Allen. This latest edition features many ways to make meats go further. Free to those who give dealer's name and address.

JOHN MORRELL & CO.
OTTUMWA, IOWA

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Making Thrift Palatable

There's genius at work in many, many kitchens today—to make plain dishes interesting, to make deliciousness go hand in hand with thrift. And Burnett's Vanilla is helping. Its rich yet mellow flavor gives just that needed touch which makes thrift appetizing.

The Heart of the Dessert

Burnett's Vanilla



Plain Foods Made Delicious



Keep your food pledge and with this rich flavor give exquisite taste to plain desserts, cakes, fillings, dainties.

MAPLEINE

The Golden Flavor

makes substitutes tempting. Not for desserts and syrup only, but in soup and meat savoring. Itself unsweetened, it seasons and savors many dishes.

Grocers sell it 2 oz bottle 35c (in Canada 50c)

4c stamps and trade mark bring Recipe Book. Crescent Mfg. Co., Dept. C, Seattle, Wash. (M-250)



"I thought about that," replied Bessie, "but I think I'll buy the ice cream and let the druggist give the dime to the missions."

A Camp Meeting, Not a Camp

Old Cæsar, according to the Columbia *State*, thought he knew something about the tented field, having followed his master as body servant through the war between the states, but Camp Jackson was a revelation to him.

"Yer mean, Maus' Jeems," he cross-examined his young maussa, "dat dese young gem'n can't drink nothin' stronger'n spring water?"

"That's all."

"And no frolickin' wid de gals?"

"None whatever."

"An' no swearin' at de mules?"

"Against regulations."

"Lor', Maus' Jeems, disher ain't no camp. Disher's a camp meetin'!"

Experienced

During an Episcopal convention in Boston, one of the bishops had an experience he will long remember. He was a portly man, weighing over three hundred pounds. One afternoon while walking through Boston Common he sat down on one of the benches to rest. When he attempted to get up he failed in the effort. He tried again and failed. About this time a little girl, poorly clad, came along and was attracted by the struggles of the bishop. Stepping up to him, she exclaimed:

"Don't you want me to give you a lift?"

The bishop gazed at her in amazement and exclaimed:

"Why, you can't help me. You are too little."

"No, I am not," she replied. "I have helped my pa get up many times when he was drunker than you are."

— *Homiletic Review*

Maloney, Jr. — The teacher told us about breathing oxygen into our lungs and breathing carbonic acid gas out.

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How he enjoys the home meal again

HOW delighted he is to be home —with his mother and old Mary making so much of him. They give him his favorite meal—the bacon he has loved from boyhood—and beam to see the relish with which he eats it.

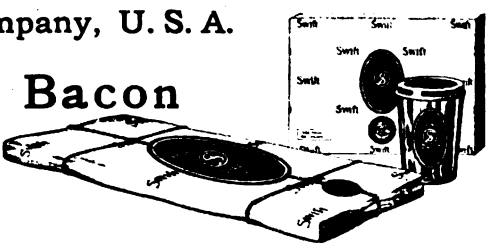
It is Swift's Premium Bacon. His mother never served any other kind. She knows that this bacon has always the same even mixture of fat and lean, that cooks into almost-brittle curls of juiciness. She knows that only in Swift's Premium can she get that delicate, mellow flavor. For Swift's Premium Bacon is given a special cure that brings out all its deliciousness—until its very heart is mild, sweet and flavory.

Whenever you buy bacon, always look for the Swift's Premium brand which distinguishes this finer bacon.

Swift & Company, U. S. A.

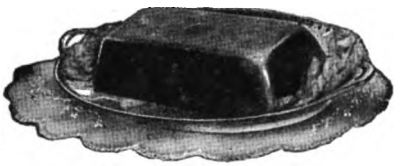
Swift's Premium Bacon

Comes in three convenient forms; in the strip; sliced in the box; or sliced in glass jars



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—you'll enjoy these delicious low cost hot weather dishes by Mrs. Knox



Ham, Chicken or Meat Loaf

Take two cups of any left-over stock, bouillon or diluted gravy, well-seasoned, bring to the boiling point and add one envelope Knox Sparkling Gelatine softened in one-half cup cold water. When mixture begins to stiffen, add two cups of any cold chopped meat at hand (veal, ham, beef or chicken) well seasoned. Also mold in a little red or green pepper, celery, onion if desired, or parsley. Turn into a mold first dipped in cold water and chill. Remove from mold and cut in slices for serving.

Just because we live in days that call for strictest food economy is no reason for serving less nutritious or less appetizing meals. Many dishes that are the pride of the most famous chefs can be made right in your own kitchen at very little expense from left-overs of meat, vegetables and fruit with the use of Knox Sparkling Gelatine.

Mrs. Knox's "Food Economy" book was prepared to help you. It contains many recipes for delightful, inexpensive war-time dishes and it is free. Send for a copy. Mention your dealer's name and address.

CHARLES B. KNOX GELATINE CO., INC.
7 Knox Avenue Johnstown, N.Y.

KNOX
SPARKLING
GELATINE

Mrs. Maloney — Shure, 'tis all roight for ye young people to learn thim things, but oi've been breathing air both ways too long to change. — *Puck.*

There was an error in the recipe for "Ryzon War-Time Muffins" printed in the "Ryzon" advertisement in the June number of AMERICAN COOKERY. As this is a particularly good recipe, we repeat it here in the corrected form.

RYZON WAR-TIME MUFFINS
(*as revised*)

4 level teaspoonfuls RYZON
½ cupful barley flour
1 level cupful corn flour
3 tablespoonfuls corn syrup
1 level teaspoonful salt
2 level tablespoonfuls shortening
1½ cupfuls milk and water
1 egg

Bragged Too Much

A farmer the other day took a plowshare to the blacksmith's to be sharpened, and while the blacksmith worked the farmer chuckled and bragged about a sale of hogs he had just made.

"Them hogs was only eight months old," he said, "and none too fat, nuther, but I seen that the buyer was at his wits' end, and by skilful jugglin' I boosted up the price on him just 300 per cent. Yes, by gum, I got three times more for them hogs than I uster get before the war."

The plowshare being done, the farmer handed the smith 50 cents.

"Hold on," said the smith, "I charge $1.50 for that job now."

"You scandalous rascal!" yelled the farmer. "What do you mean by trebling your price on me? What have you done it for?"

"I've done it," said the blacksmith, "so's I'll be able to eat some of that high-priced pork of yours this winter."

Little Elizabeth and her mother were having luncheon together, and the mother, who always tried to impress facts upon her young daughter, said, "These little sardines, Elizabeth, are sometimes eaten by the larger fish." Elizabeth gazed at the sardines in wonder and then asked, "But, mother, how do the large fish get the cans open?"

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Get the - *Real Taste* of Fruits & Vegetables

THE housewife who uses a Wagner Cast Aluminum Kettle in her canning and preserving this season will have every reason to feel proud of the flavor and wholesomeness of her fruit and vegetables.

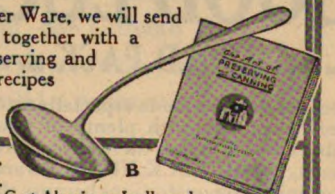
WAGNER CAST ALUMINUM WARE PRESERVING KETTLES

"From Generation to Generation"

Wagner Kettles are not affected by acids. They never scale. They cannot crack. Therefore they are free from chips and grit. Having no rivets to pull out or catch dirt, they are durable and the perfection of cleanliness. Because they are cast (not stamped) in just the right thickness to prevent scorching and burning, you are sure of the real flavors of fruits and vegetables. Eleven sizes, from 2 quart to 24 quart, either with or without cover.

SEND FOR THIS BOOK

To give you an idea of the beauty and strength of Wagner Ware, we will send our 11½-inch Wagner Preserving Ladle, postpaid for 50c, together with a copy of Kate Brew Vaughn's new book, "The Art of Preserving and Canning". This work of an expert contains many valuable recipes for marmalades, jellies, fruits, vegetables, preserves, jams, condiments, etc., and general directions that will make your canning and preserving more successful than ever. Book alone, 10 cents.



The Wagner Mfg. Co.
Dept. 71 Sidney, Ohio

The Wagner Mfg. Co., Sidney, O.
Gentlemen:—Enclosed find 50c.
Send me postpaid your Wagner Cast Aluminum Ladle and housewife's book, "The Art of Preserving and Canning". Book alone, 10c.

Name .....
Street or Rural Route .....
City or Town ..... State .....

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60 Years of leadership
Colburn's Spices
"A" *Red Label Brand*
The A. Colburn Co., Philadelphia, U.S.A.

Trade Mark Registered.
Gluten Flour
40% GLUTEN
Guaranteed to comply in all respects to standard requirements of U. S. Dept. of Agriculture.
Manufactured by
FARWELL & RHINES
Watertown, N. Y.

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DON'T attempt "Cold Pack" canning without Good Luck Rubbers

Ordinary composition rings are intended for "Hot Pack," and are not made to stand the long boiling and intense heat of sterilization by "Cold Pack" process. Canning experts teaching the "Cold Pack" method insist on having only

GOOD LUCK

The Original COLD PACK Jar Rubbers

because they are made especially for "Cold Pack" canning, with plenty of new live rubber which makes them strong, firm and tough. GOOD LUCK RUBBERS are used at canning demonstrations because they insure perfect products. Don't take chances with other kinds and insist on having only rubbers in boxes marked Good Luck. *These rings are never sold under any other brand*

GOOD LUCK RUBBERS are standard equipment on Ball Ideal, Atlas E-Z Seal, Putnam Lightning, Smalley's Eureka and other fruit jars

The new edition of our booklet, "GOOD LUCK IN PRESERVING," teaches you the "Cold Pack" method and gives many delicious recipes. Send a 3c stamp for it today. If your grocer doesn't keep GOOD LUCK RINGS, send 15 cents in stamps for a sample dozen or 25 cents for two dozen.

Boston Woven Hose & Rubber Co.
27 Hampshire Street, Cambridge, Mass.

Mrs. Emmeline Pankhurst, of England, arrived in Washington, D. C., the middle of May.

Mrs. Pankhurst has come to the United States, she announced, to aid in establishing a stronger and more sympathetic link between the women of Great Britain and the women of this country. She states that her time is not spent touring industrial plants "helping to combat German propaganda by keeping the working people sound on our cause in this war." She recommended this as the special duty of American women at this time.

In regard to the latest development of women's work she named agriculture as receiving the greatest attention. Through this "back to the soil" movement, in which the women of England are joining, she declared, England has rediscovered her own land. She said:

"We have found that our soil is all right, that we have plenty of room for crops. Soon we shall be growing our own food within our own boundaries, and after the war we shall continue to do so.

"You should see the wonderful recruiting parades of women farmers. The girls have evolved a charming uniform of brown corduroy knickerbockers with a colored cotton blouse. They are beautiful with their red cheeks and fine strong, bar arms. All come with enthusiasm, and many with intelligent, trained knowledge of the work. Country homes have been turned into club-houses for these workers in the districts where they are employed.

"There were two agricultural colleges, in England, from which women had graduated. People rather lifted their eyebrows and shrugged their shoulders when a woman chose the vocation of farming. Now the country is filled with training facilities.

"In agriculture, as in the other industries, the great strength is in the fact that your intelligent woman and your unintelligent woman, the trained and untrained, are working as one force. The outstanding feature is patriotic loyalty. The educated women are the organizers,

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The Celebrated, World Famous

Faust Coffee and Tea

Now Also in the Instant Form

NO POT — NO GROUNDS — NO LEAVES — NO BOILING OR COOKING — NO STRAINING

Simply Put Soluble Powder in Cup and Add Hot Water

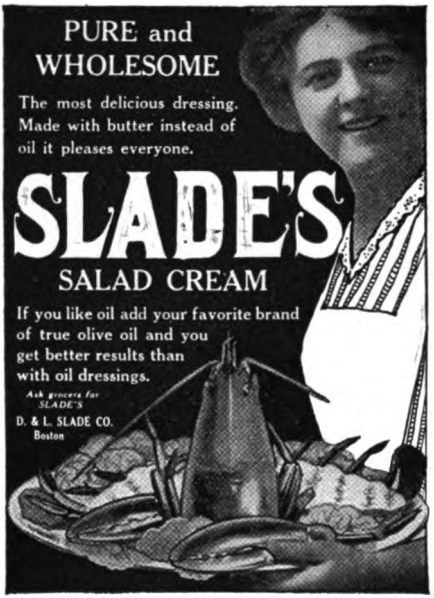
That's all you have to do for the most delicious coffee or tea you ever tasted. You can't make it wrong. It will be the same every time — wonderful in flavor, healthful instead of harmful — economical, convenient, instant.

Purchase FAUST INSTANT COFFEE OR TEA from your grocer today. If he does not carry send dealer's name and 30c. (foreign 40c.) for Coffee or Tea. Dealers supplied direct or by any jobber. JOBBERS — WRITE US.

FAUST INSTANT COFFEE & TEA

C. F. BLANKE TEA & COFFEE CO. ST. LOUIS

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Ask your Grocer for SLADE'S Spices and Specialties, for these will surely please you



BREAD BOARD

Eleven-inch turned maple bread board. The edge of this board is undercut like a dinner plate making a finished and attractive article. Sent, prepaid, to any present subscriber for securing and sending us one (1) new yearly subscription for **American Cookery**. Cash price, 75 cents.

The Boston Cooking-School Magazine Co.
Boston, Mass.

WHEATLESS - MEATLESS MEALS

84 Menus, 124 Recipes, directions for preparing each meal, food values, substitutes, timely suggestions, etc. 10c or **FREE** for four names of friends interested in Domestic Science.
Am. School Home Economics, 503 W. 69th St., Chicago, Ill.

and the most beautiful thing in it all is the wonderful feeling between the leaders and the rank and file. That will outlast this war. We stand for class co-operation and then class distinction will disappear. We do not believe in class war. Hundreds of women, who before the war were in sedentary positions, with poor pay and long hours, have entered the farming work to find themselves growing healthy and contented."

Mrs. Pankhurst told how even the famous Kensington Garden and Hyde Park of London are cut up now into allotments for war gardens. It is a common thing to see a man and his entire family pulling weeds in the public parks in the early morning, or after working hours. There are no flower gardens left. Her own rose beds have been torn up, and instead, there are beans and carrots grown for the summer, and Jerusalem artichokes for the winter season.

Historic Lessons in Food Conservation

Four thousand years ago Food Commissioner Joseph in the land of Egypt commandeered one-fifth of the wheat crop of Egypt, each year, for seven years, and stored it in the cities nearest the wheat fields. His drastic action, at that time, saved the world from starvation.

Two thousand five hundred years ago Nebuchadnezzar, King of Babylon, instructed that certain men whom he wished to have attached to his court be fed on king's food and wine to give them a well-nourished look. One of these men, named Daniel, persuaded his caterer that himself and friends could be better nourished on pulse and water, and requested that he make a test covering a sufficient length of time; the others to be fed on king's food and wine. The test showed that those who lived on pulse (lentils) and water were better nourished than those fed on king's food (luxuries) and wine.

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Pure Milk



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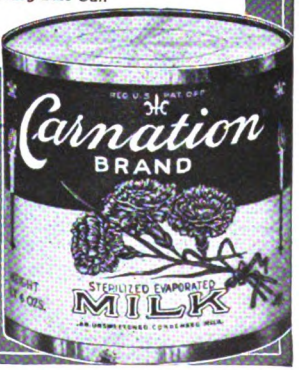
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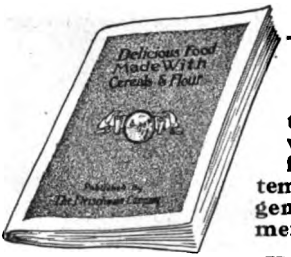


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America, my country, I come at thy call;
I plight thee my troth and I give thee my all;
In peace or in war I am wed to thy weal —
I'll carry thy flag through the fire and the steel.
Unsullied it floats o'er our peace-loving race,
On sea nor on land shall it suffer disgrace;
In rev'rence I kneel at sweet liberty's shrine:
America, my country, command, I am thine!

America, my country, brave souls gave the birth —
They yearned for a haven of freedom on earth;
And when thy proud flag to the winds was unfurled,
There came to thy shores the oppressed of the world.
Thy milk and thy honey flow freely for all —
Who takes of thy bounty shall come at thy call;
Who quaffs of thy nectar of freedom shall say:
America, my country, command, I obey!

America, my country, now come is thy hour —
The Lord of hosts counts on thy courage and power;
Humanity pleads for the strength of thy hand
Lest liberty perish on sea and on land.
Thou guardian of freedom, thou keeper of right
When liberty bleeds we may trust in thy might
Divine right of kings or our freedom must fall
America, my country, I come at thy call!

CHORUS

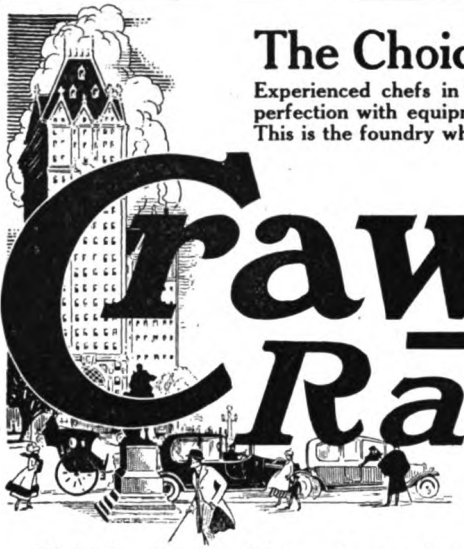
America, my country, I answer thy call,
That freedom may live and that tyrants may fall
I owe thee my all and my all will I give —
I do and I die that America may live.

— *J. K. Grondahl, Editor Red Wing Republican*

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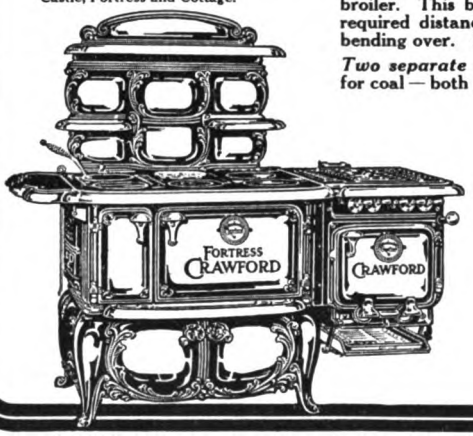
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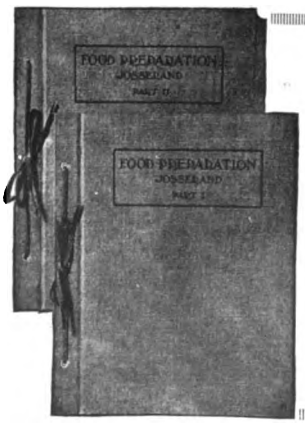
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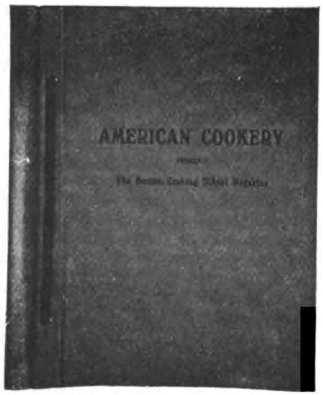
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This shows the jelly turned from the mould

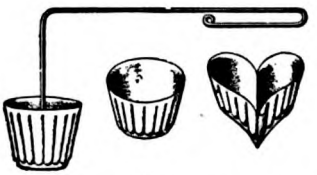
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This shows mould (upside down)

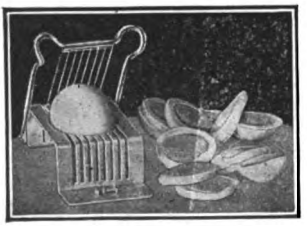
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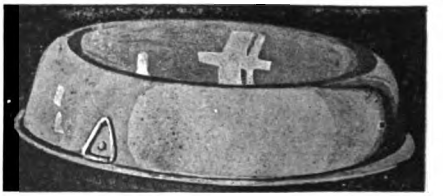
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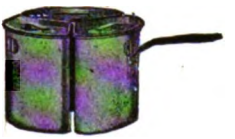
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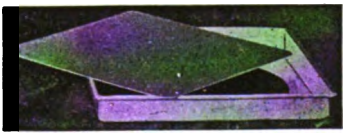
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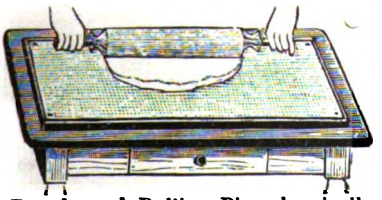
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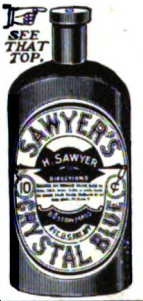


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·CULINARY· SCIENCE AND DOMESTIC · ECONOMICS



OCTOBER, 1918
VOL. XXIII No. 3

PUBLISHED BY
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AMERICAN COOKERY

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Get the "Bright Brigade"
to do your
Housecleaning



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Sugarless Desserts

Dessert dishes preferably made, or served, without sugar.

(Sweet fruits, honey, maple syrup or conservation syrup or molasses used in place of sugar.)

Conservation Syrup a Substitute for Sugar

2 pounds (2⅔ cups) honey
1½ pounds (2 cups) maple syrup
1 pound (1⅓ cups) corn syrup

Mix the honey, maple and corn syrup together thoroughly. Use one scant cup of this syrup in any recipe (except cakes) in which one cup of sugar is called for.

HONEY, MAPLE SYRUP OR CONSERVATION SYRUP CUSTARD (BAKED OR BOILED)

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APPLE PIE

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APPLE DUMPLINGS (HONEY OR SYRUP AND MILK)

TAPIOCA CUSTARD

PRUNE JELLY

LEMON JELLY (HONEY OR CONSERVATION SYRUP)

COTTAGE PUDDING (BARLEY OR RYE) MAPLE SAUCE, FOAMY, ETC.

APPLES BAKED WITH DATES

PARED-AND-CORED APPLES COOKED IN SYRUP AND WATER

LEMON MILK SHERBET

ICE CREAM (HONEY, MAPLE OR CONSERVATION SYRUP)

FIG ICE CREAM (FIGS COOKED IN SYRUP ADDED WHEN HALF FROZEN)

DATE ICE CREAM

PEACH SHERBET

1¾ cups conservation syrup
1 quart water boiled 20 minutes
2 cups peach pulp
Juice 1 lemon

STEWED FIGS, CREAM

LETTUCE, APPLE-AND-DATE SALAD, FRENCH DRESSING

CREAM CHEESE, PRUNES LONG COOKED, WHEATLESS CRACKERS

BAKED SWEET APPLES, THIN CREAM

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WELCOMING THE COMING GUESTS

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American Cookery

VOL. XXIII OCTOBER, 1918 No 3

What the North Shore Is Doing In War Work

By Mary H. Northend

THE Evolution of Village Improvement, combined with war work, which is so evident along the North Shore, owed its origin, as does many movements, to the energetic efforts of a few women, and this before they have entered so prominently into the nation's demands. The progress of transforming the small town of Hamilton, Massachusetts, now so popular as a residential district for summer guests, has been gradual but effective.

Years ago, before the tide had turned improvementward, a meeting was held in the parlor of one of the all-year-round residents to consider the bringing of the community up to a spotless town, able to take its place among the leading small towns in New England. As a fund, each member was assessed a very small sum of money, which was used for the purchase of young trees; these were planted here and there along the highways, great care being taken to choose needed spots where, when fully grown, they would afford right shade.

There was no help given by the fathers and brothers, who were not far-sighted enough to realize what the end would be; but the energetic women pressed on, fully determined to work out their ends. Before the trees had well started, the sidewalks were attacked, and instead of scraggly, grass-grown sides decked with burdocks, narrow borders, evenly trimmed, replaced those that had been an eyesore to the town. The sidewalks with fresh gravel gave evidence of what



WHERE THE VILLAGE IMPROVEMENT SOCIETY MEETS

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INSIDE THE TABBY CAT TEA-ROOM

the result was to be; it also awakened a slight interest in the men folks, who began to feel curious to see whether the movement would hold out.

Next the children, the coming men and women of the town, were interested in little gardens, for which seeds were provided, and to the plots laid out in schoolhouse yards during term-time they gave much attention, for there was a pleasant rivalry as to who would obtain the best results. With ambition thus awakened, the younger members of the household, with eyes open to the situation, realized for the first time that, while their fathers and brothers were giving time to backyards and ground culture, the front-door part of the house had been neglected.

Soon these tireless little workers carried their efforts farther afield, and instead of carelessly kept front yards smoothly shaven lawns appeared, broken here and there by little flower plots, carefully attended by the youngsters of the household; this fact shamed the men folks into putting the fences that outlined the boundary lines into good condition, and treating them with a coat of paint, that they might be in harmony with the children's work inside.

Visitors to the Town House, (the grounds of which had been used hitherto as a depository for ashes during the winter months, but which now, under the hands of the members who had formed themselves into a Village Improvement Society, gradually came to miss the accumulation of ashes) felt a secret glow of satisfaction as they viewed velvety lawns and well-kept gravel paths, giving to the town building a proper air of dignity; for where should cleanliness be in evidence more than where our townspeople make the laws?

Thus one bit of work led to another, and the streets, hubbly and uncared for,

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awakened interest in both the men and the energetic women, and before long smoothly rolled roads, filled in with good gravel, replaced the rutty ones that formerly connected the town of Beverly with Ipswich. Good roads suggested good sign posts, and a realizing sense that the illegible sign boards, wrongly marked according to mileage, were a disgrace. Soon in their place were shown sightly and distinctly marked boards, placed cornerwise on a post, giving proper information as to where the meeting roads led.

At the intersection of the roads was a triangle of unkempt grass land, now it meets the village improvement scheme by being a credit rather than a disgrace to the town. With the added cares came a demand for a permanent fund, and the citizens, who through their united efforts had changed from unfamiliar folks to a united community, decided to choose a place near the main road, easy of access to neighbors and motor cars, and establish here a tea-house and exchange.

Unlike most of its kind, it was, and has been from the first, supported in a great measure by the all-year-round guests; handicraft, preserves and cake offered for sale have found a ready market and a weekly gathering for tea of not only the members of the Village Improvement Society, but of husbands and brothers as well, these having combined to give it a unique place in the tea-house industry. It was only a harness shop remodeled to meet necessary conditions; but from the first it was a great success. Today, enlarged and on grounds of its own, the tea-house, a charming colonial building with its setting of sward, stands a well-deserved memorial of what the women have done to make good.

While not a part of the Village Improvement work, yet, in a way, it should be included in it, is the canning work, which is done at the community garage, donated for the purpose by Mrs. E. B.



THE FARMERETTES AT WORK

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MAKING JELLY AT COMMUNITY CANNERY

Cole, to whose energy much of the work owes its success. The cannery was started last year on the upper floor of the garage, and invitations to patronize were sent to every member of the summer contingent and the all-year-round citizens; they were asked to bring their surplus vegetables and fruit, for preserving which no time could be given in the many busy households, to this station, with the reservation that they must be brought and taken away by the owners.

Then the cost was not prohibitive; a thousand jars were donated, to be paid for as money came in, people bringing their surplus were given bills which covered simply the amount of cost; this included the services of three high-school girls, who under an expert supervisor attended to the canning, the packing in carboys, and the bookkeeping. Orders flowed in, making it a great success, and, in addition, classes were formed that cooks could attend, thereby receiving valuable information concerning the latest methods in the work. Two days were devoted to the Beverly Hospital, everything being donated, and the large amount sent as a gift proved its advisability.

This year the North Shore Farmerettes, a band of girls who give up society requirements for a certain number of hours a week, are seen every day working on the grounds, which have been donated for the purpose by Mrs. Dudley L. Pickman, of Beverly Cove. They are trying to help along the conservation plan and to supply the Beverly Hospital, where later on invalid boys in khaki may be sent for medical attention, with a sufficient supply of fresh vegetables to meet demands.

Canning classes have been formed, meeting at the Community Garage, where these same girls are doing their bit in saving surplus food supplies for winter

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use at the hospital. What the North Shore is thus doing, every other town and city in the state is able to undertake and carry out, in suitable measure and degree. The cause and the occasion call for the united efforts of everybody.



A PICNIC LUNCHEON AMONG THE WORKERS

Idols

Myria Louise is minus some toes,
One arm hangs by her side,
The tip is gone from her little pink nose;
And yet she's our darling's pride.

Myria Louise is a broken doll
To ev'ry one but our child;
To her the wreck is all in all —
How easily some are beguiled.

Many an idol is shattered and torn,
To all but some worshipper's eyes;
And is like a god by that worshipper borne,
While the rest of the world will despise.

No doubt 'tis well that some worship blind,
Ne'er seeing a blemish or scar;
Else often the world would seem so unkind
To most of the idols there are.

Donald F. R. MacGregor.

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Her Neighbor

By Alix Thorn

MRS. WEDLAKE frankly acknowledged that she was interested in her new neighbors, who, two weeks before, on the fatal First of May, had moved into the freshly painted, freshly papered little house next door, where an elderly pair had formerly lived, and now it seemed that youth and springtime had joyously slipped through the varnished doors. Newly-weds they certainly were, strangers in the little suburb, but even moving and settling seemed not to check their flow of spirits. She had heard that Stewart was their name, and she planned to call later when they should be well settled, she told herself. The young wife, a slim girl, pink-cheeked, whose shining brown hair was gathered into a low knot above her smart smock, never failed to meet her broad-shouldered youthful husband each evening at the opening in the hedge, and tucking her arm in his would lead him into the house, chatting happily of, evidently, the day's experiences. They had no maid, that was plain, only a colored woman, by the day, several times a week, who ponderously came and went, usually arriving a little late.

Mrs. Wedlake, for thirty years a capable housekeeper and for twenty years a widow, used to her well-trained Irish Mary, wondered sometimes whether the children next door — she thought of them as children — got along with their housekeeping, and decided that Mrs. Stewart had probably taken a course in Domestic Science, since the commuter husband looked plump and contented.

The following Sunday afternoon Maria Wedlake watched her Mary, clad in all her rather alarming finery, disappearing down the street, and, picking up a magazine, she chose a comfortable chair and settled down on the side piazza out of the sun for a peaceful hour. She was deep in an account of a reclaimed French village, when the persistent honk, honk of an automobile horn made her look up — a large car had stopped before her house, and a well-bred voice from the rear seat inquired: "Can you tell us where a family named Stewart live? I've quite forgotten their number, but I know they have recently moved into this neighborhood."

"In the house next door," and Mrs. Wedlake surveyed the car and its occupants placidly, noting the elderly pair in the back and the younger woman in front with the chauffeur.

"Thanks very much," was the rejoinder. Again the chauffeur sounded his raucous note, and this time it brought the young husband hurrying out to meet his guests.

"We *would* have warned you, Tom," began the impressive looking dowager, her voice floated clearly over to the solitary occupant of the next piazza — "but we could not tell when we could come; Bella said it wouldn't make any difference anyway, as suburbanites always expect to be descended upon fine Sundays."

"Yes," broke in a high voice, "Mildred will get used to sudden arrivals; it's one of the penalties of being a newly-wed; oh, here's Mildred now; where *is* that bag of mine, I'm always mislaying it — oh, hello, dear, we've come!"

"How lovely to see you!" was Mildred's reply as she took their wraps from them and escorted their guests up the walk. "Yes, we love to keep open house, don't we, Tom?" but Mrs. Wedlake, motherly and sympathetic, noted the troubled flush and the quick glance that passed between the Stewarts.

The tall clock just inside the Wedlake parlor struck five metallic strokes and Maria Wedlake, as if reproving her

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ancient timepiece, announced oracularly: "Company to supper and I wager that that girl isn't prepared for 'em either. Poor dear, how worried she looked, though she tried to smile all right."

She opened the magazine, read a few paragraphs and then looked up and off, her eyes fixed upon some spreading elm trees in the back yard, foliaged in the warm green of June, but what she visioned was a memory picture vivid as though it were yesterday; a young wife, this one brown-haired, too, standing by her strong, tall husband, who bore small resemblance to a rather stern-faced, middle-aged gentleman who from his oval frame at this moment looked down on the darkened parlor, but who *was*, nevertheless, *her* John of the long ago; and she and he were gazing helplessly at each other in the seclusion of the kitchen, wondering how they should feed sudden company who had driven over to see the new home in the country, — interested relatives, one and all, and, as the vision faded, Mrs. Wedlake closed her magazine with decision, and with firm step walked to the refrigerator, just as firmly opened the door and surveyed the contents. A bowl of baked beans first met her eyes, bounded on one side by a generous saucer of cooked peas, and on the other, one of sliced beets. On the shelf above were four boiled potatoes and a bowl of cooked oatmeal. A quick glance at the ice-chamber disclosed a pint of milk — so far so good. The closet held a pound of American cheese, ordered yesterday, and not far away stood a chocolate layer-cake, dark and perfect, with even layers, in unconscious dignity, a cake to be proud of.

Mrs. Wedlake sighed, but not as one without hope — far from it; it was a sigh of satisfaction — she had all that she needed.

A moment of hesitation and Maria Wedlake sought the telephone, took up the receiver — 512-M — she announced steadily, then waited, with a smile on her usually sober countenance, for the voice at the other end.

"Yes," came over the wire, a rather dejected yes, "this is Mrs. Stewart."

"I'm your neighbor next door," announced Mrs. Wedlake a bit hurriedly, "haven't called because I thought you might not be ready, but I see that other folks weren't so considerate. Couldn't help seeing that you had company, and late Sunday afternoon, too."

"Yes, oh, yes, and you know sometimes one is not as well prepared as at others;" there was almost a break in the fresh young voice.

"So I thought, and now be a sensible girl, and don't think that I'm a meddling older woman! I was a young housekeeper myself once, and I really want you to let me help you out, will you?"

"Why — why —" and Mrs. Stewart stopped as if at a loss to know what was coming.

"It's just this way," began Mrs. Wedlake, and there was no stopping her flood of eloquence now — "I'm a good cook if I *do* say it; I've plenty to work with in my refrigerator, luckily; let me get supper for you; I'd enjoy it; my girl's away and I'm all alone with nothing to do. Set your table, put on your pretty new doilies — I know all brides have 'em — and your wedding china; and by seven o'clock sharp I'll hand the food across the hedge, ready to set on the table. Now it's all settled, isn't it?

"Oh, oh!" and Mrs. Stewart paused, then went bravely on, "if — if — you will; it's too wonderful! You see, I feel pretty helpless — I'm so far away from Mother — why, why, I'll make it up to you later, if I can. Do you know, I had only a half-loaf of bread, a box of strawberries, a small can of sardines and a box of little sweet crackers. I went to town yesterday and forgot, I confess, to order enough for Sunday, and then my husband's cousins came. They live awfully well, and I'd like to make a good impression for his sake — you understand."

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"Guess I *do* understand," Mrs. Wedlake's voice was grim over the phone; "had made up my mind to that, and that's why I called you up. Hull your berries and just make tea about ten minutes to seven," and she put up the receiver — "an hour and a half to do it all in."

Mrs. Wedlake spread out her provender upon the kitchen table; the light of conquest was in her eyes — "I'll make a bean rarebit out of these cold baked beans, one-half cup of milk and a cup of cheese and generous seasoning — where's my Worcestershire sauce bottle — must pour the rarebit over saltines instead of toast, for I'm a little pushed for time. Out of the boiled potatoes, the cold beets and peas I'll make a vegetable salad, adding a few of my pickled nasturtium seeds, just to give a nip. I'm glad the lettuce in the garden will do; I'll shred up some of the small leaves, and stir them in, too, then I'll make some oatmeal bread, using that cold oatmeal, corn meal and a cup of wheat flour, after the new recipe; hot bread is always good for supper. The chocolate cake will go well with her strawberries,"— her cheeks were flushed with the joy of the chase, and enveloping her ample figure in a motherly looking checked apron she settled down to her self-appointed task.

Exactly at seven little Mrs. Stewart, radiant in a frilly pink frock, appeared at the hedge and held out slim hands for the well-loaded tray that Mrs. Wedlake proffered, and, as she took it, pressed a pink cheek to the older woman's, whispering: "I can't say all I feel, but I'll come over tomorrow and tell you how it all goes and return the dishes."

"Come along, I want to hear all about it," and Mrs. Stewart's neighbor pattered home to her solitary supper, chuckling to herself between sips of hot tea.

"Here are the dishes; here is the tray and here are some chocolates to munch, while I describe to you, your, *our* supper," cried Mrs. Stewart next morning, as she tapped on the window, and putting down her burden impulsively seized her new friend's hand.

"It was the wonderfulest supper, the most successful supper you ever knew or heard of, and, oh, how they *did* eat. Second cousin Jane must have been starved; third cousin Bella asked for my recipes, saying their cook *must* make that rarebit, and as for the oatmeal bread, why, they were shameless in the way they ate it. I could *not* look at Tom when I said I would send the rarebit recipe.

"Second cousin Egbert adored the salad — for that matter they all did, and as for that picture cake, Tom ate two pieces, and the rest large sections — but, oh, if they come again they will see a great and sickening change."

"No, they won't, child," Mrs. Wedlake talked a bit thickly, as she had just bitten into a large caramel, "you shall learn how to cook the rarebit and the rest, and, if you really like to, we'll have some nice housekeeping confabs together, just you and I."

"I'd adore to — let's begin any time!" Young Mrs. Stewart flung glad young arms around her companion — "I never knew before," said she, "the meaning of that blessed verse, 'Thou shalt love thy neighbor as thyself.'"



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A Psychological Boarding House—in War Times

By Phoebe D. Rulon

BEFORE Jane Glover signed the Federal Administration pledge, or hung its card in her window, she held a meeting of her boarders. The pros and cons of meatless and wheatless days, the lessening of sweet desserts, the elimination of butter from the dinner table, were thoroughly talked over. She put the matter entirely on a patriotic basis, emphasizing her willingness to go on in the old way as long as food-stuffs held out, if the family so elected. They must decide the case.

Mr. Dodd demurred considerably on the meat question, seeking refuge behind the fact that he was the poorest sort of a vegetarian. Potatoes, green peas and asparagus were the only ones he really relished. Mr. Judson thought it was asking a good deal of a man of sixty to change his eating habits and "go light" on both roast beef and his cherished Yorkshire pudding. Poor Miss Stanley had a decidedly pained expression on her face, when the discussion of corn meal as a wheat substitute was progressing. She had been reared in a part of the country where some of the tight-fisted farmers' wives had sprinkled their tins with corn meal instead of using pie crust in making pumpkin pies, and furthermore some of them had so mutilated the original Johnny cake recipe as to produce such an edible result that Miss Stanley's prejudice was accumulative from childhood up regarding corn meal as a proper food for humans. "Whisper it not in Gath," but she took a second helping of it for breakfast one crisp, cold morning in November, after said corn meal had spent a night in the fireless, with its cell walls so broken down by the long, slow cooking, that she never for one moment suspected that the smooth, velvety cereal was her old-time bugbear. Elsie Rogers had a similar dislike for oatmeal, but at this period in her life history she had never tasted Jane Glover's oatmeal bread or toasted bannocks.

Now Mrs. Dodd, without defining it specifically, had long felt that she was doing the martyr act by resolutely limiting her breakfasts to one orange, two slices of well-browned toast and one cup of clear coffee. This she had done for twenty years. Now when Mr. Hoover can show a better record than that, she declared, I will consider joining his ranks.

All the while Mrs. Glover sat quietly by making many mental notes. When the discussion reached the butter stage, there was a great variety of opinions expressed, with the result that they all finally agreed to begin conserving by giving up butter entirely at dinner. Up to this point the hall-room boys had said very little. Patriotism is a vital matter with the normal boy of today, and his eating habits are still flexible. To them a few less pounds of meat and bread seemed a small matter especially, as Joe Maxwell put it, "so long as Jane Glover wields the saucepan." "Count us in on anything that will assure better food for the boys at the front," Joe further remarked. This was an entering wedge, and it was decided, finally, to let Mrs. Glover enroll her household as loyal members of the Food Conservation.

Jane knew that the consent of the governed is a dynamic force, and with such a lever behind her she had no fears but that she could rely upon the cordial co-operation of every boarder.

So much for her psychology, so much for her generalship in fortifying a strategic point. When Jane Glover enlisted in a cause, she gave herself to it, body and soul. Furthermore this cause appealed to her as vital and of far-reaching importance. She looked upon it as a patriotic service belonging inherently to women.

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Looking facts squarely in the face, she realized at the start that old methods of cooking must be adapted to new food-supplies and that the preparation of substitutes could not safely be left to the ordinary servant. As soon expect a novice to mix colors for a Raphael as the rank and file of hired help to handle the new food combinations with the touch of genius that the present crisis calls for. Accordingly Jane Glover's first act as a loyal soldier was to appoint herself chief cook, with a full consciousness that this would mean hard work and plenty of it, but she was no weak-kneed patriot. The rather, she gloried in the effort she must make.

To avoid, however, becoming an absolute kitchen drudge, Mrs. Glover knew she must have competent help. Long ago she had learned that competent help is not a matter of barter to be secured at employment bureaus and reckoned in dollars and dimes. Here, again, psychology saved the day. Mrs. Rooney was a widow of forty, and Jamie, her only child, had gone to the front. To be sure, Mary Rooney was hopelessly unskilled in the excellencies of household craft, but Mary's heart was aflame, and Jane Glover knew a quick heart beat can move a slow brain and hand. After the first month of training, real team work went on in Jane Glover's kitchen. Mary prepared all the meats and vegetables ready for cooking,— gradually learned how to manage a coal range in the most economical way,— kept the kitchen and closets so scrupulously clean and orderly as to vie with any well-kept laboratory. Mary so far anticipated Mrs. Glover's needs that everything was ready when she came in to prepare a meal.

Such is the magic of the personal touch that as soon as Mary fully realized that the care and economy she practised in Jane Glover's kitchen meant a fuller and better ration for Jamie — her own Jamie — in the trenches, there was no need for tiresome arguments about scraping new potatoes or paring old ones thin. No nagging about throwing good food in the garbage pail. As team work progressed drudgery receded. Mary's interest was awakened; her patriotism was aroused. These were expressed in terms of Jamie, to be sure, but so genuinely genuine were they that they transformed the humblest tasks into acts of telling service.

Reinforced in this way, Jane Glover found the burden of cooking wonderfully lightened and the pleasure of it correspondingly increased. Thus again did psychology save the day! But this was solving but one of the many problems that confronted Jane. She saw at the start that her table supply must be attractive to look at, palatable to taste and satisfying for body needs. It did not take her long to conclude that the only way out was to handle common foods in uncommon ways. Not glorified dishes with foolish adornments, but the ordinary foodstuffs well cooked, well seasoned and acceptably served. In this last particular Jane's fine sense of color was a great help, for while she had no toleration for color-scheme meals, she recognized the dietetic value of color harmony in food. Nay, more, she found that many an unpopular and untried dish became a favorite at her table, because it came dressed in a bit of color. For instance, many a luncheon was reinforced by the addition of a delicious cream soup made from some left-over vegetable that owed its acceptance entirely to Mrs. Glover's clever way of giving it color-tone. This she did by adding tiny slivers of pimiento, green peppers, chopped parsley, or grated, hard-cooked egg-yolk, at the moment of serving.

One of Jane's first purchases, after "signing up," was a bulletin board for her kitchen, and as soon as the Federal Food Administration began publishing literature she hung all the leaflets on it in plain sight. She knew exactly the per-capita ration of meat, wheat and sugar her family of loyalists should have. It was her problem to keep within

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bounds. Realizing that a man's palate cannot be reorganized over night, she began on less meat rather than meatless days. She made it a study to extend meat flavors in very ingenious ways, so that no one would leave her table with a "beef-steak hankering." The bones, sent home with the Sunday roast, were made into such delicious meaty tasting soup for Monday's dinner that even Mr. Judson accepted a helping from the casserole of cauliflower, liberally cheesed, without a murmur, and better still, without being conscious that he was having a meat substitute worked on him. Vegetables for stews were so carefully browned in sweet and wholesome animal fats as to carry the flavor of meat in astonishing ways, and the finished product so satisfying both in taste and nutritive content, no apology was needed or given. Be sure Jane Glover gave of her very best in the preparation of her stews, for not only must they look good and taste good, but they must be shorn of a certain plebeian ranking. This she partly accomplished by clever and varied ways of serving. She found at the china shops attractive, rimmed platters in metal stands, which she saw at a glance would lend dignity to any food placed on them. This was one of Jane's levers for raising her stews into "best society." These platters were capacious enough to give much latitude for borders. Now a stew in an attractive border is like a poor family moving in a good neighborhood — its value is raised. So thought Jane. Sometimes it was a border of perfectly cooked rice tossed up with a few spoonfuls of cream and dotted with tiny bits of pimiento. Or, again, the border was made of potatoes, sliced, cooked slowly in salted water, drained and flavored with a little sweet bacon fat and sprinkled generously with fine-chopped parsley. Another festive air was given to her stews in tomato season by making a border around the platter of carefully baked tomatoes.

The possibilities of meat pies were also tested in Mrs. Glover's kitchen and voted acceptable in the dining-room. By dint of good cooking, intelligent planning and clever manœuvering she finally reduced the meat ration of her family to one roast a week with a lessening, also, of both chops and steaks. Chicken helped out wonderfully, and she made use of it in manifold ways. Indeed, it was Jane's surprise meals that saved the day and kept her boarders well nourished and happy. Just in proportion as the meat supply for her household decreased, meat flavors increased. Every bit of bone and every tiny tough piece were called upon to do duty as seasoning, and the bland foods, like macaroni, rice, hominy and potatoes, were used as extenders for these flavors.

Fish was by no means a universal favorite at Mrs. Glover's table. This was a fact to be reckoned with, not ignored. Elsie Rogers and Joe Maxwell were the dissenting members, but this was before they had tasted one of Jane's fish salads served in a nest of heart lettuce, sliced cucumber and tomato, all so thoroughly chilled that the lettuce and cucumber almost snapped. When they were induced to taste it on a sweltering night in August, they both unhesitatingly declared it to be "a thing of beauty and a joy forever." Such is the enthusiasm of youth! Next, she tried them on a New England fish chowder. This happened on a cold, rainy night in late September, when Elsie had come home from the store "wet through," as she put it. The grateful warmth of the delicious smoking chowder made her unmindful that she was eating fish at all, and she unblushingly asked for a second helping. From that time on sea food had its place in the weekly menu.

Jane Glover found the problem of "wheatless" rather harder to solve, for good bread and butter had been one of her foundation stones, and, at first, she felt she could hardly go on with her boarding business without home-made wheat bread. But as a loyal soldier

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her watchword was "can," and she set to work. She made herself familiar with all the flour substitutes on the market, but wisely began experimenting on one at a time. Potato flour soon became her standby for all sauces, gravies and sponge cake. Rye bread made entirely with skim milk and manipulated, when shaping into loaves, with buttered hands, soon held its own with the family, in place of the time-honored wheat predecessor. The leaflets issued by the Department of Agriculture at Washington helped her along the "wheatless" path. During the cold weather griddle cakes appeared at most breakfasts, but they always carried a portion of some cooked cereal in their content so that their easy digestibility was assured. Good old-fashioned "Johnny" cake suffered no innovations, and when it came on the second morning split and toasted "to the Queen's taste," even Mrs. Dodd accepted it graciously and forgot her wheat toast. Jane aimed to keep her wheat substitutions as simple as possible, and avoided culinary gymnastics. When she found that barley flour made good muffins, she let the matter rest there and began her research work in some other line. She felt that there was quite as grave a danger in too many flours in the batter as too many cooks at the broth.

She gathered all the information possible on southern corn-meal cookery, until her corn pone and spoon bread vied in goodness with what "Mammy used to make."

Jane Glover not only cooked well, but she read intelligently things relating to the art of nourishing a family, and as she read she learned that certain dietetic authorities claimed that bread should never accompany a meat dinner. Instead of bread there should be salad greens and green vegetables. She knew this custom held in many European countries and she believed in it. Furthermore, she believed this to be a time to preach the doctrine of elimination, as well as substitution, to our lavish, luxurious American people. But with Jane Glover there was no form of preaching so effective as practice, hence she tried this bread elimination on her family and there was not a murmur, not even from Joe Maxwell, who had always before been a "three slicer." Jane's heaping dishes of perfectly mashed-and-seasoned potatoes, coupled with Joe's ardent desire to help in the cause, were quite filling enough.

There was a special meeting of the family called to take final action on the dessert question. With the sugar ration down to two pounds per month per capita, and flour and fat in increasing demand, what stand should they take in regard to the continuance of cakes, pies and puddings during the period of the war. It takes fortitude to give up sweets, and Mrs. Glover's family had the normal sweet tooth, so naturally the matter had a careful weighing before a decision was rendered. During the progress of the discussion Mrs. Dodd voiced a truism that had its effect. "I consider a cake ceases to be a cake when it is made of any kind of fat, any kind of flour and any kind of sweetening, and I believe we are begging the whole question in our frantic attempt at cake substitutes." "And what is pie, unless it is real pie," remarked Mr. Judson. As consistent loyalists, Miss Stanley thought it was time to stop pandering to the palate. True to their type, the hall-room boys revelled in layer cake, pumpkin and apple pie, and to face a famine of these took patriotism of the gritty kind, but half an hour later when Joe Maxwell knocked at the kitchen door it was to tell her the family had decided to "cut 'em all out," "but only for the period of the war, Mrs. Glover."

This did not hinder Jane from serving all kinds of berries and fruits in season. Never were her baked apples surpassed in excellence at any table, and her transformation of the despised prune into a coveted tidbit became the acme of culinary art. She took special delight in surprising her family, now and again,

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with various sorts of milk puddings that called for neither fat nor flour. During the late fall and winter nuts and raisins "topped off" many a rather lean dinner, and, in between times, the canned and preserved fruits that Jane had rescued from waste during the summer found a ready acceptance.

So carefully had Mrs. Glover planned and conserved, and so cordially had every boarder co-operated, that when the holidays came there came with them a batch of mince pies and a plum pudding as dividends on the family's "no desserts" investment.

And this was the way a "Psychological Boarding House" met the Food Conservation issue.

Co-Operative Cooking

By Ladd Plumley

A FEW months ago AMERICAN COOKERY published an article prepared by the writer on the subject of community kitchens. At that time the facts concerning a community kitchen which was started by the British Ministry of Food had not been made generally known; in fact, the first kitchen had just been put into operation. At this time of war, and here in America, the subject is of such importance to housewives, and particularly the housewives of the wage-earning classes, and of the great middle classes, that it should be given the widest possible publicity, that community kitchens and co-operative cookery is at present in operation on a scale hitherto not attempted, and has proved all and even more than has been prophesied of the plan.

Alderman Spencer, Controller of England's first National Kitchen, in an article recently published in the *Pall Mall Gazette*, writes as follows of what is sometimes called the "Poplar experiment."

"The Poplar experiment undoubtedly owes its success to the high quality of fare provided. But what has been done here can be done all over the country. In my opinion there are five essentials: To begin with, the kitchen must be in a good position, not in a back street or underground. The interior must be bright and attractive. It should be one of the first aims of the kitchen to set a high standard of respectability. Not long ago I was asked to get priority for a ton of sawdust for the floor of a national kitchen. Needless to say, the request was not complied with. If the kitchens aim at a high ideal, there is not the slightest doubt the patrons will regulate their conduct to their surroundings, no matter what their past habits may have been.

"Naturally, the plant and equipment must be as modern and efficient as the appointment of the place in other respects. Any collection of old gas stoves will not do for the ideal kitchen I have in mind. Then the cooks and officials must be dressed in clean, attractive and suitable attire. Last, but not least, the menu must be varied constantly, the food used must be of excellent quality, and the dishes produced by experienced cooks who get the best out of the materials, not only in flavor and attractiveness, but also with regard to their nutritive value.

"Granted that these five conditions prevail — and the Poplar experiment has proved that any local authority can establish them — at least four distinct profits may result: A national profit in saving food and fuel, a municipal profit to be applied in giving additional quantities of food, a health profit in better food for the people, and an individual profit in saving to the patron.

"All these advantages are wanted now

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in the national interest; but there is still one left which cannot be ignored. Lord Rhondda has aptly described the national kitchen as a form of insurance. An insurance against what? The ill effects of any severe food shortage. Let us hope that such a shortage will not arise; but in such times as these we must look ahead and provide against as many contingencies as imagination reveals. Local authorities and their officials have rendered much service of national and public importance, and many demands may yet be made upon their time and energies; but the additional service, which Lord Rhondda has called upon them to provide in establishing national kitchens, is one of an importance at the present juncture that local authorities in the interests of the people, whose local affairs they administer, cannot overlook. That they will handle it at once with the expedition, enthusiasm and business acumen, which the councils have displayed in so many matters during this time of national call to duty, I do not doubt for one moment."

The Poplar Kitchen of London referred to was started only a few months ago. But changes in the life of families and nations in war time rush to a conclusion at a tremendous speed, and within the first three months the so-called "experiment" is no longer an experiment. Let us see some things that the Poplar Kitchen has accomplished. And it should be understood that, although this public kitchen is no longer an experiment, the plan has really only passed beyond the cradle stage. It can be said to be but toddling to its feet. That it will develop into a vast giant cannot be doubted, indeed it is a giant infant that in three months has emerged from the cradle.

The record of one week at the end of the first three months makes you gasp. Twenty-three hundred portions of food were served, and the customers included mothers, children, school teachers, clerks, mechanics and artisans in general. A portion of soup is sold for two cents per half-pint, cooked meat at eight cents per portion (one and one-half ounces), fish at four cents per portion, vegetables at two cents, with a portion of "sweets" at three cents. A restaurant is included as a part of the kitchen, and in London in these war times a meal can be had at what seems absurdly small prices.

Not the least significant statement made concerning the kitchen is that the health of customers has improved greatly. Aside from the effects of the good quality of the food served, this is to be expected. For cookery, and the smells of cookery, in small apartments cannot be otherwise than injurious to health, particularly in a densely populated portion of a vast city.

The London housewife who lives near the Poplar Kitchen can go herself, or send one of her children and obtain healthful food at very low prices, which has been cooked by expert cooks and is kept heated in proper receptacles, ready to place on the table for the family meal. The cumulative waste, all labor of cooking, and all fuel needed in family cookery, are done away with. No need for a cooking range, no trips back and forth from butcher shop, fish market and green grocer, and only the actual need of the household to be considered. If a member is unexpectedly away, the waste of that portion is eliminated. Indeed, it is impossible, in a short article, to more than hint at the savings where a community kitchen is available.

And let us briefly examine what the Poplar "experiment" has proved relative to the capital employed in a community kitchen and in co-operative cookery.

It is shown that since this single kitchen was started, and buying provisions in relatively small quantities, and notwithstanding the very low prices charged for cooked food, that there has been a commercial profit for every week since the inauguration of the plan. The record for the week ending the first three months is as follows: After making

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provision for proper rent of building, after paying all labor charges, after providing for interest at a low rate on the capital invested, after allowing for a sinking fund for the entire redemption of capital within the period of three years, there remains a profit which is equal to 26 per cent on all capital expenditure. Arranging the figures in a different manner, after making due allowance for depreciation of cooking devices and all plant, and considering that the capital employed is a permanent investment, the profit on such capital is about 47 per cent.

This brief summary of what has been already accomplished in co-operative cooking in London would not be complete without a suggestion that such a plan, and on a vast scale, should be started in America. Is there not a Boston or a New York capitalist who is ready to inaugurate a public kitchen merely as an investment? Or, better, will not one of our great American cities start public kitchens on a scale commensurate with the importance of the plan? The savings in fuel, in grains, in meat, in labor, in everything that is used in preparing food in a multitude of separate family kitchens, and in only one great city of our land, could be so great that the daylight-saving scheme, and, indeed, all other saving schemes, whatever, that have been proposed or put into operation, would dwindle into relative insignificance.

When You Do Up Your Curtains

Emma Gary Wallace

SHEER, beautiful draperies at the windows mean so much in making a home attractive, both inside and out, and as curtains, like everything else, have "gone up" since the opening of the war, it befits the housewife to consider just how they may be laundered to best advantage.

Almost every woman who keeps house thinks that her own particular way of "doing up" curtains is the best, and yet an expert who makes her entire living, and a good living at that, doing fine curtains, declares that quite as often as not curtains are improperly washed, starched and dried, quite spoiling their filmy beauty.

Surrounded by about a hundred pairs of curtains she had just finished laundering, she was able to point out how some of them were a much better color than others, because they had *not* been grayed by previous improper methods of washing. It is her opinion, also, that properly washed and dried curtains will wear much longer than those done by less intelligent methods, and, of course, economy in curtains, as well as foods and other furnishings, is necessary in the present crisis of affairs.

The rules laid down by this expert curtain laundress are those learned in the school of experience, and among the patrons who trust her with their draperies are those who have paid fabulous prices for rare lace which now could probably not be duplicated at all.

First of all, our expert laundress gently shakes the loose dust from the net, scrim, or lace hangings. If the fabric is at all tender, she does not take hold of a single edge, but folds the curtain *four* times, turning it when one side is shaken.

The next step is to fold the curtains again into a smaller but smooth surface and to lay them into a tub of perfectly clear, cold water. She emphasizes the importance of having the water cold rather than hot or lukewarm. The warm water sets the brown tint of sunburn and the dust-grey caused by atmospheric action upon the fabric and its content of starch.

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If the curtains are very dusty, she changes this cold water two or three times, not rubbing the curtains, but merely beating them lightly under the water with her hands. She is careful not even to turn them unless the fabric is stout, because wet curtains are heavy and the weight is liable to tear them where they are not strong.

After this cold rinsing process has been continued until the water is clear, she makes a nice warm suds, using a pure white soap. This time she pats them, one by one, in her hands, turning them gently but never rubbing them. The first sudsing water will show much soil, and the curtains are gently squeezed but never wrung. A second clean suds is ready and the curtains are put through this, only one at a time being taken, if the draperies are fine and choice.

A perfectly clean, bright boiler, without a particle of rust upon it, is prepared with water of the same temperature as the sudsing water, and a tablespoonful of borax is added to each gallon. The curtains have now been squeezed from the second sudsing water, laid upon a clean table, and soaped gently, paying particular attention to any darkened places. They are folded, soaped, laid into the boiler, and covered with water; a little borax is added, the boiler cover put in place, and the curtains are permitted to come to the boiling point. This is an important step in the bleaching process.

Great care must be taken now, as the cotton or linen fibre will have been greatly softened by the action of the soap and the hot water, and any attempt at haste will be disastrous. Two ways are possible to remove the curtains from the boiler without injury,— one is to have laid them in a cheese-cloth hammock in the boiler and to lift the ends out now, letting the water drain through; the other way is to permit them to remain in the boiling water until it cools sufficiently to handle them gently. Never fish them out with a stick or dipper.

Rinse, one by one, through two clear, warm waters, making the second cooler than the first. Have ready a pail of boiled starch, tinted with either bluing or strained coffee, according to the shade desired. It is a mistake to do curtains up with too little starch, as they do not shed the dust and soon grow very limp and soiled. They should be starched just to the degree of new curtains that have considerable body. Divide the pail of starch *into as many bowls as you have curtains*, for if one after another is dipped into the pail, the first will be very stiff and the last very limp. Do not attempt to finish all the curtains at once. Take them, one by one, rinse, starch and put on the frames.

Now, the preparation of the frames is exceedingly important. Before the curtains are wet at all, they should be measured and the curtain frames set to that size, or if the curtains are tender, to an inch or an inch and a half smaller each way. This prevents the need of stretching, and to stretch wet, delicate net or lace is to leave yawning holes somewhere on the surface.

If the curtains are scrim, muslin or substantial material, they may be put upon the frames, one by one, without any further ceremony, but if they are of delicate texture, the frames should first have a "backer" or foundation of cheese-cloth or cotton the exact size of the curtain frame, and fastened over the pins. This backer supports the heavy, wet lace and prevents it tearing. In fact, it serves the same purpose as did the floor, when our grandmothers fastened a sheet upon the spare-room carpet and pinned down their lace curtains upon it at spring house-cleaning time.

Of course, the pins are properly spaced, and in buying frames the housewife should be particular to purchase those having aluminum or non-rustable pins. She will now set her frames in the sun, properly supported from beneath, or if of the easel type, from the back. Our expert laundress prefers those which rest horizontally during the drying process,

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and she has done curtains successfully by this method that represented hundreds of dollars per set.

She is very particular, however, never to do sheer lace curtains on a hot or windy day, preferring to select her weather so that they will not dry faster than she can put them upon the frames. She keeps at hand a bowl of thin starch with which to dampen them, should they dry, but prefers not to have to resort to this means.

When the draperies are nicely dried, she removes them, one by one, if possible, having someone assist her at the opposite side of the frame. She has already a clean, padded ironing board, a bowl of warm water, and a clean cloth, and she takes each curtain and dampens the edge where the pin-marks show, gently pressing the points or scallops or lace, as the case may be, until the edge looks exactly as it did when the article was new. She now folds her curtains, but does not press any folds into them, being careful to have a method in folding so that all have creases in exactly the same places. Sometimes she spreads them all out and folds them together, to be sure of this. They are now put in boxes and delivered to their owners.

To look about the finishing room of our expert laundress is to understand why she is proud of her work and why her greatest trouble is keeping up with the orders that come to her. Her prices are considerably higher than those of women on either side of her who also specialize in curtain laundering, but her work is well worth the price she asks, and once the curtains are hung at the windows, they are a joy to behold. There are no crooked edges and no pouchy places. In fact, they are just right,—quite as you and I can do them, if we take sufficient pains.

Cream Cheese à la Isigny

By Kurt Heppe

IN France, and particularly in Paris, many ladies make an income by acquiring a route. A cheese route! Hark, ye, and wonder. I said a cheese route!

As we have with us here, in these United States, damsels who put up preserves and make a reputation and an income with it, so we have, over there, people who specialize in cheese.

They collect cream from farmers and from stores, and use it in what is called "Fromage crême d'Isigny."

Stores, and also farmers, are often glad to get an acceptable price for cream which has turned sour in transit. Demand is not very large for it and, if they could not sell it to the cheese lady, it would be handled at a loss.

The cheese lady collects the cream, heats it, solidifies the curd, presses it, and shapes it into loaves. The loaves are the size of a child's arm.

From this loaf pieces three inches long and one and a quarter inch in diameter are cut. They are wrapped into parchment paper and sold on the route.

Little earthenware pots, with double thick cream, are sold at the same time.

The Parisian and other "fine bouches" mix the cheese with the sweet cream and sugar, and, with that delectable French bread, they make a feast of it.

This could be done here, too. Only the people do not know of it. Or rather, "ALL" the people do not know of it.

In large American hotels, where Frenchmen officiate, very delectable desserts are often served, prepared from sweet cream cheese.

For this dish cream is curdled arti-

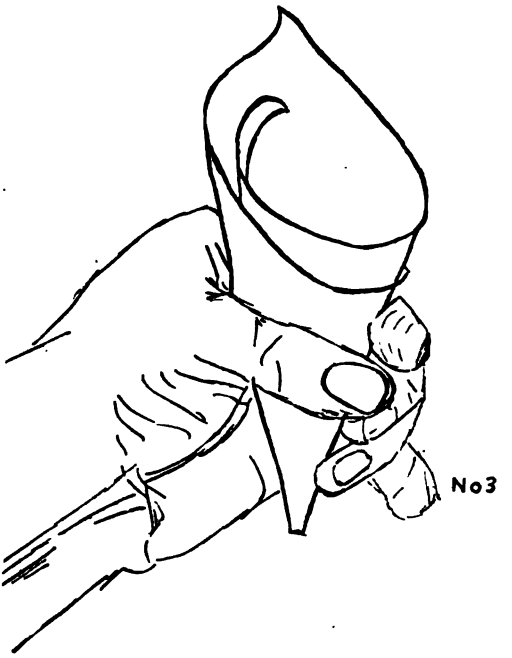
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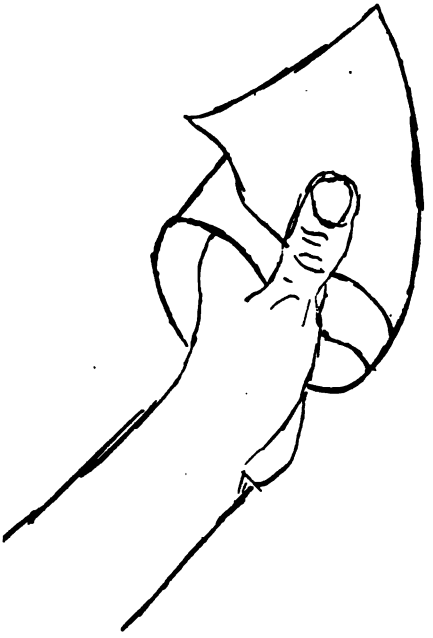
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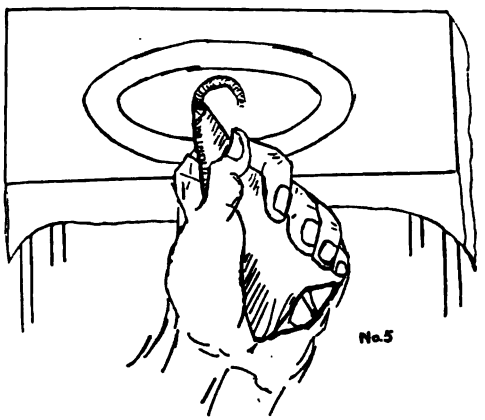
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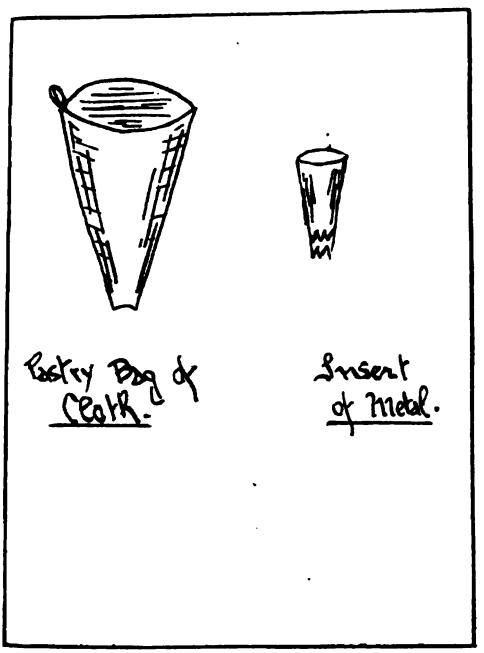
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BAG IN OPERATION



ficially. It can be done with a drop of fruit juice, or vinegar.

In quantity it is best done with rennet.

To make a very attractive dessert one uses the pastry bag, or, *faute de mieux*, the paper bag.

The sweet cream cheese is mixed with pastry sugar and whipped cream. It is pressed through the pastry bag onto a dessert plate in fancy little rings.

The top of the ring is garnished with tufts of whipped cream, also from the pastry bag.

The center of the ring is filled with fruit jelly — preferably red currant, or, if one wants to be perfectly "*comme il faut*," with red "Bar-le-Duc."

With such cheese hot toasted Bent's crackers and saltines should be served. This makes a delightful summer dish.

To make Philadelphia cream cheese one uses both milk and cream. The curd is hard pressed, shaped into handy squares, wrapped in parchment paper and tinfoil.

Philadelphia cream cheese is a very simple preparation. Sweet cream cheese is, however, infinitely more exquisite, also more expensive.

Cream cheeses are not in any way ripened, are not salted, and are best the fresher they are.

When they ripen, they change their character entirely. Every nuance of temperature, moisture and difference of handling them produces an entirely different cheese.

K. H.

THESE are the gifts I ask
Of thee, Spirit serene:
Strength for the daily task,
Courage to face the road,
Good cheer to help me bear the traveler's load.
And, for the hours of rest that come between,
An inward joy in all things heard and seen.

These are the things I prize
And hold of dearest worth:
Light of the sapphire skies,
Peace of the silent hills,
Shelter of woods and comfort of the grass,
Music of birds, murmur of little rills,
Shadow of clouds that swiftly pass,
And after showers the smell of flowers
And of the good brown earth,
And, best of all, along the way friendship and mirth.

— *Henry Van Dyke.*

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AMERICAN COOKERY

FORMERLY THE

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OF

Culinary Science and Domestic Economics

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NEAR AND FAR

(After a letter written from France by a sixteen year old girl, extract from which appeared in AMERICAN COOKERY for May, 1918.)

A river there is in La Belle France,
Like a silver ribbon narrow,
With a single sweep of his wings across,
Flies gayly the little sparrow.

Across it you and your love could talk,
As you wander on either side.
Now armies great on these self-same banks
Facing each other abide.

As far apart as the stars above,
As far as is wrong from the right,
Are those armies two awaiting there,
To wage their bitter fight.

An ocean great there is that's so wide,
If to cross it the sea gull tries,
He must find, if he can, some resting place,
Ere o'er it he safely flies.

On either side there are nations great,
So close their hearts touch each other,
So near and so dear these nations are,
They claim each other as brother.

HATTIE H. D'AUTREMONT.

THE GOOD WOMAN

THE good woman is a good housekeeper. Whatever other accomplishments a young woman may attain, she must become a good home maker or fail in her real mission. No matter how many exceptions be taken to the rule, no matter in what form you put the case, the precept was so stated long ago in sacred writ, and it remains true to this day

The good woman "looketh well to the ways of her household, and eateth not the bread of idleness."

The mother who allows a daughter to come to maturity without adequate, fitting knowledge of domestic science, and some measure of explicit training in practical housekeeping, commits a most egregious blunder that cannot be well repaired.

The tendency of all educational and industrial thought today is towards equal rights, equal opportunities, equality in all things for mankind. At the same time that other wise precept holds good: "Whatsoever thy hand findeth to do, do it with thy might," and it applies alike to the artisan, the breadwinner and the housekeeper. Domestic science and household arts were never more in evidence, never were given a more prominent place in the economic welfare of mankind than they hold today. Food and its conservation, ever regarded the chief factor in the progress and development of races, has now swiftly become of paramount importance the world over. The occupation of the housekeeper is secondary to none other.

HOUSEWIVES RELEASED FROM WHEATLESS PLEDGE

HOUSEWIVES throughout the country who patriotically put their homes on a wheatless basis last spring have been released from their pledges to the Food Administration to go absolutely without wheat. This release was merely from the voluntary pledge to go entirely with-

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out wheat until the new harvest. Housewives will continue to purchase the required amount of wheat substitutes with their wheat flour. Bakers are still obliged to make Victory Bread, which must contain at least 25 per cent wheat substitute.

This release of housewives follows close upon like action in case of hotels, restaurants, clubs, and dining-car services.

Coming in of the new wheat crop has made it possible for the Nation to go back partially to its old habits of eating. But the uncertainties of war and the necessity for building up a food reserve are incentives to caution, even in the face of a good crop.

The response of the American housewife last spring, when the country's wheat reserves were exhausted and only the wheat saved by abstinence could be sent abroad in response to the life-and-death appeals of the allies, is regarded by the Food Administration as one of the finest manifestations of patriotic spirit since America entered the war. Hundreds of thousands of homes went partly or wholly on a wheatless basis.

SAVE ON SUGAR

THE people of the United States in wheat saving have shown what a democracy can do. For several months the household consumption of wheat has been less than 50 per cent of normal, while in the immediate past the whole country has been content to do with only about 35 or 40 per cent of normal wheat requirements. The result has been that we were able to export 141,000,000 bushels of wheat, much of it as flour, that otherwise, in the face of a short harvest, we would not have been able to send overseas. This wheat was the salvation of the allies, and each individual who helped to attain this result may have in some degree the same consciousness of duty well done and of actual achievement as have the soldiers in the trenches.

What has been done with wheat can be done with sugar. It is up to the individual American!

The sugar campaign comes on us suddenly. Revised accounts of losses and resources and new statement of needs, which we are in honor bound to meet, compel a sharp change in program. We must act quickly — what is not well begun in the next six weeks will not be done at all.

The success of this program rests on the honor and co-operation of the American people. What are they doing now? We hear of people going from store to store, trying to double their portion over and over. They don't realize they are trying to beat the game. That is failure of the program.

How was it in the wheat campaign? People everywhere vieing with one another in zeal to play the game. That was success.

Our success in the wheat campaign literally held the allies together through the spring and summer. It did more than any other thing to give them comfort and courage until the tide turned last month. It did more than any other performance of ours to establish American credit until the splendid part our troops took in the second Marne battle.

Again we are called upon to share with those who sit at the common table. It is a challenge of war conditions to our humanity, our chivalry and our worth. This time we are required not to employ a substitute for necessary food, but to give up an indulgence.

Shall we succeed? Ask yourselves, Would we do it, if it was to share with a sick family next door instead of stricken neighbors across the sea?

We can if we will. We will if we realize. But the time is short. The background of the wheat campaign was six months building, but the sugar campaign must be put through in six weeks — or fail. It is the second large test of the twelve million Food Administration membership. They look to you — they trust

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you. Get the situation home to them and *they will play the game.*

We claim the right to share with the allies. Let us give Mr. Hoover, now sitting in the allied food council, fresh warrant to assure the nations that America will make good. Let us send by every ship substantial tokens of support to our boys over there from an America worth dying for.

The Food Administration appeals with confidence to you. U. S. F. A.

PLAY FAIR WITH UNCLE SAM

THEY have learned how to use coal economically in Europe — through having to pay all the way from twenty to ninety dollars a ton for it. The man who is paying that does not need any fuel administration to urge him, on patriotic grounds, to stop wasting coal. He develops the keenest interest in that subject without prompting; and he saves the coal.

If our Government took its hand off the fuel situation today, there would be no wasting of coal next winter. The price would go to such a height that every man who burned a ton of coal would make it his personal business to see it was burned to the best advantage.

The Government will not take its hand off. It wants poor people to have a chance at fuel, too. It gives the people the benefit of a not exorbitant price. They ought to show their appreciation by using the coal just as carefully as though they were paying the European price.

— *Saturday Evening Post.*

DAYLIGHT SAVING

DAYLIGHT saving, from Sunday, March 31, to Sunday, October 27, 1918, was established by Congress in March, 1918, as an effective method of conserving the health, the wealth, and the mineral resources of the nation. All clocks in the country were moved forward one hour, at 2 A.M., March 31.

Estimates of the saving in coal that will be effected in 1918 in the United States, under the present daylight saving plan, vary from 1,000,000 tons to 1,500,000 tons.

The amount of coal used in this country during the summer months in the generation of heat and light is insignificant, however, when compared with the amount consumed during the other seasons of the year.

Great Britain and Northern European countries have restricted the use of the daylight-saving plan to the summer months, because the hours of daylight during the remainder of the year are so few as to render the plan impracticable.

Practically all of Europe lies north of the average latitude of the United States, and the northern boundary of this country is farther south than the greater portion of Europe. In every portion of the United States there are much more than eight hours of daylight on even the shortest day of the year. Daylight saving, therefore, would be practicable continuously in this country, and the saving effected would be very much greater in the winter than in the summer.

Two changes of time each year will subject the railroads, and every other common carrier, to an inconvenience which would be obviated by the permanent adoption of the present standard of time.

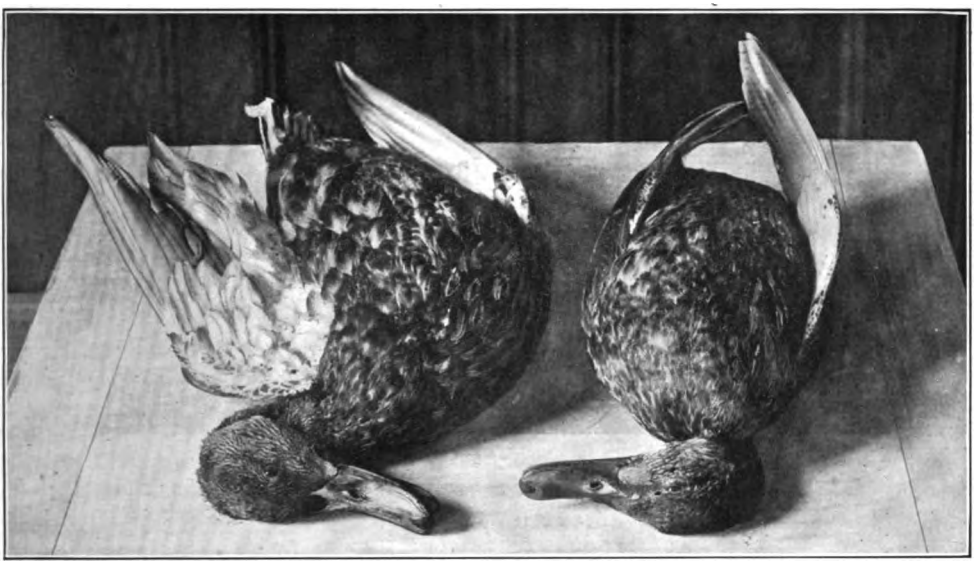
To Quentin Roosevelt

Courageous, fearless hero of the air,
Revered and loved by all who knew thee well,
To whom within the foeland's gates befell
The supreme test of loyalty — we bare
Our saddened hearts to thee! Proud that out there
Thou proved the mettle of a nation's trust
And parent's honor in combating lust
That threatens TRUTH AND FREEDOM everywhere!

'Twas not in vain thou left us in thy prime,
For thy brave spirit breathes the call abroad,
"Do thou thy best and trust to God the rest!"
Thou lived in deeds, not years — and passing time
Will cherish thy heroic efforts! Laud
Thy sacrifice as manhood's crucial test!

Caroline L. Sumner.

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BLACK DUCK

Seasonable and Tested Recipes

By Janet M. Hill

IN ALL recipes where flour is used, unless otherwise stated, the flour is measured after sifting once. Where flour is measured by cups, the cup is filled with a spoon, and a level cupful is meant. A tablespoonful or teaspoonful of any designated material is a LEVEL spoonful. In flour mixtures where yeast is called for, use bread flour; in all other flour mixtures, use cake or pastry flour.

Panned Duckling

DRAW and singe a young duck, cut it down through the back, and wipe with a damp cloth; cut off the wings. Rub over with lemon juice (half a lemon) and vegetable oil and season lightly with salt; run two skewers through the breast to keep the duck flat. Let stand in a cool place about two hours. Tie two or three branches of thyme and two cloves in three branches of parsley; set these in a frying pan, and over them set the duck, skin side down; pour on a tablespoonful of vegetable oil, cover close with a paper spread with oil and let cook in a quick oven about thirty-five minutes, basting four or five times with oil. Return the paper each time after basting. While cooking the duck, have ready the neck, wings, liver, etc., chopped small; let cook directly over the fire in two or three tablespoonfuls of oil, stirring constantly until an amber shade; add two tablespoonfuls of flour and stir until browned; add two cups of veal or beef broth and stir until boiling; let simmer until the duck is done; stir it into the pan in which the duck was cooked; add the juice of half an orange and let simmer about six minutes; season with salt and pepper, skim off all fat (use tissue paper if needed to remove the last of the fat), strain and serve with the duck.

Fricassée of Chicken, Savory Rice

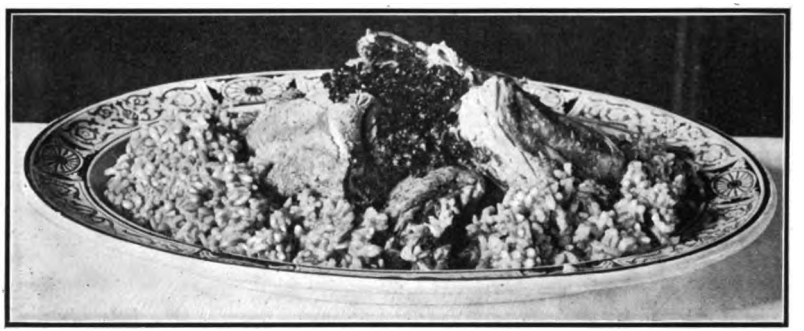
Separate a fowl at the joints into pieces for serving. Cover with boiling water, let boil six or seven minutes, then cook at a gentle simmer until tender, probably about three hours. When done remove with a skimmer to a serving dish and dispose on it, in symmetrical shape, the pieces of breast in the center. Into the

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broth (for a quart) stir half a cup of flour, a teaspoonful of salt and one-fourth a teaspoonful of black pepper, mixed with cold water to a consistency to pour into the broth; stir until boiling, then let simmer ten or fifteen minutes. Serve in a bowl. Serve cooked rice around the chicken.

Savory Rice for Chicken, Etc.

Put one cup of rice over a quick fire, with a quart or more of cold water. Stir with a fork while heating quickly to the boiling point, let boil two or three minutes, drain on a sieve and rinse with cold water. Return the rice to the fire with two tablespoonfuls of chicken fat or butter and an onion cut in halves, cross-wise, stir and cook until the fat is absorbed; then add two cups of chicken broth, two cups of tomato pulp, a teaspoonful of salt, half a green pepper, cut in shreds, or half a teaspoonful of paprika, and let cook (on an asbestos mat), shaking the pan often till the rice is tender and the liquid is absorbed. Add half a cup of grated cheese, mix with a fork and turn about the chicken on the dish. The cheese may be omitted. Good, also, with warmed over lamb or veal.



FRICASSÉE OF CHICKEN, SAVORY RICE

Fowl Cooked with Vegetables

Truss a fowl as for roasting, and dredge it with rye or oat flour; put about four tablespoonfuls of fat in a covered dish (not too large), set in the fowl and cover close and let cook in the oven, turning often and taking care that the fat does not get too brown. When the fowl is browned add a cup of boiling water; parboil five or six onions of medium size, and put them into the dish with the fowl, adding, if needed, another cup of boiling water; keep covered close, turning the chicken two or three times. When the chicken is nearly tender, add a cauliflower, broken in pieces for serving, and half a dozen small carrots, or two or three of larger size, scraped and cut in quarters. Let cook until the vegetables are tender. Serve the fowl in the center of a dish, the vegetables around it. Skim the fat from the broth, thicken with flour smoothed in water, and serve in a bowl.

Cottage Cheese and Peanut Loaf

Mix together, thoroughly, one cup of cooked cereal, one cup of fine bread crumbs, two tablespoonfuls of peanut butter, half a cup of chopped nuts, one tablespoonful of vegetable oil or cream, one teaspoonful of salt, half a teaspoonful of paprika, one-fourth a teaspoonful of soda mixed with the cream, and such seasoning as is desired; half a teaspoonful of onion juice, half a teaspoonful of powdered thyme, one tablespoonful of powdered or chopped celery leaves, or a teaspoonful of Worcestershire sauce, one or more may be used. Mix all into a compact loaf; or line a small Charlotte mold with two strips of parchment paper; butter the mold thoroughly and pack the

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mixture into the mold. Let bake in a pan of boiling water (do not let the water boil after the dish is in the oven) about half an hour, or until well browned. Serve hot with a brown or a tomato sauce and a green salad.

Boston Roast

Soak two cups of dried Lima or kidney beans over night. Drain, and set to cook in boiling water. When tender drain again and retain the liquid. Press the beans through a sieve; add two cups of pecan or English walnut meats, chopped fine, half a cup of young America or other cheese, grated or cut fine, half a cup of soft bread crumbs, half a cup of celery, chopped exceedingly fine, one teaspoonful of salt, one teaspoonful of grated or scraped onion pulp, half a teaspoonful (or less) of pepper, one egg beaten light, and enough of the water from the beans to mix into a compact loaf. Grease a tin sheet, turn the loaf on it, and set into a baking pan, with a spoonful of vegetable oil poured over the top. Bake about half an hour in a moderate oven, basting four times with oil or hot water. Serve with a tomato or brown sauce made of the fat in the pan. Green beans may be used.

Chili Con Carne

This dish may be made with green, dried or canned beans. Canned kidney beans give a very satisfactory dish. Use about a pint of beans without liquid. Cut one pound of round steak in strips one inch long and one-fourth an inch wide. Let brown in fat in a frying pan. Skim out the meat, add to the fat two onions of fair size, cut up fine, and stir and cook until softened and yellowed. Add a can of tomatoes and heat to the boiling point; add the beans (no liquid), a teaspoonful of salt and half a teaspoonful of paprika, and pour over the meat (an earthen casserole is a convenient utensil). Simmer gently three hours. Twenty minutes before serving, add half a green pepper, cut in shreds, and more salt and pepper if needed. Serve in the dish with a narrow border of boiled rice or mashed potato around the edge of the dish. If preferable, a saucepan may be used for cooking and a platter for serving.



CHILI CON CARNE WITH EDGE OF MASHED POTATO

Oat Flour and Wheat Biscuit

(Fifty-fifty Biscuit)

Sift together one cup, each, of oat flour and wheat flour, half a teaspoonful of salt and four teaspoonfuls of baking powder; add the oat flour that does not pass the sieve to the sifted material; cut



HOT MEAT SANDWICHES

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in two tablespoonfuls of shortening and mix to a soft dough with skim milk. About two-thirds of a cup will be needed. Turn with a knife on a floured board, to coat lightly with flour and get into a compact shape; pat and roll into a sheet with the rolling pin; cut into rounds; bake in a quick oven.

Hot Meat Sandwiches

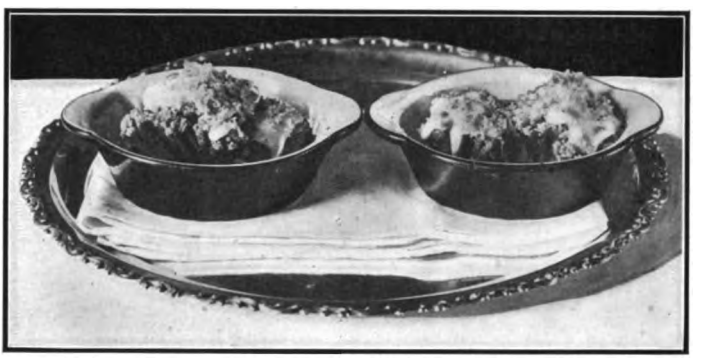
Prepare the recipe for oat flour and wheat biscuit. Roll it into a thin, rectangular sheet. Have ready any variety or two varieties of tender cooked meat, chopped fine. If cold roast meat be used, it must be cooked tender and all inedible portions removed before chopping. Moisten the meat with a very little cold sauce and spread it over the dough. Do not use too much. Roll like a jelly-roll; cut into six pieces, and set these on end in a greased baking pan, with a bit of butter above each. Bake about twenty-five minutes. Serve at once with plenty of brown or cream sauce, according to the variety of meat. Corned beef with cream sauce is good. Chicken and ham with bechamel sauce (chicken broth and rich milk) is another good combination.

Cauliflower with Cheese Sauce

Boil cauliflower in salted boiling water until tender, about fifteen minutes. Drain and separate into flowerets. Set these in individual dishes. To serve four, prepare a cup of cream sauce, using two tablespoonfuls, each, of butter and flour, one fourth a teaspoonful, each, of salt and paprika, and a generous cup of rich milk. Stir in one-fourth a cup of grated cheese and pour over the cauliflower. Sprinkle a little grated cheese over the sauce and serve at once. If there be delay in serving, keep the cauliflower hot, but do not color the cheese. Use this recipe for kohl-rabi, turnip, cabbage, etc.

Pear-and-Nut Salad, Cottage Cheese Dressing

Cut three-fourths a cup of halves of English walnut meats in lengthwise slices. Pare, quarter, core and cut in slices six ripe, juicy pears. Sprinkle the pears with lemon juice, or let lie in salted water about two minutes, then drain and dry. Set the pears on a nest of Romaine or other lettuce, sprinkle over the nuts and pour the dressing over the whole.



CAULIFLOWER WITH CHEESE SAUCE

Cottage Cheese Dressing

Mix together two teaspoonfuls of flour, one teaspoonful, each, of salt, mustard and paprika; add three tablespoonfuls of milk and mix to a smooth paste, pour on five tablespoonfuls of hot milk, stir until smooth, then stir and cook over boiling water until the mixture thickens; cover and let cook ten minutes. Beat one egg; add a tablespoonful of honey, and mix and stir into the hot mixture; when the egg is cooked, gradually beat in the juice of one lemon or four tablespoonfuls of vinegar; remove from the

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PEAR-AND-NUT SALAD, COTTAGE CHEESE DRESSING

fire and beat in two tablespoonfuls of butter. When cold and ready to use, beat in one cup of cottage cheese, pressed through a ricer and fold in one cup of cream beaten firm.

Romaine, Date-and-Cottage-Cheese Salad

Roll cottage cheese in balls; roll the balls in chopped nut meats (pecan, walnut or peanut). Pour boiling water over the dates in a package, mix through the water and skim to an agate plate; let dry an instant in the oven, then cut each into quarters lengthwise, discarding the seeds. Chill the dates and cheese balls. Dispose crisp chilled center leaves of romaine on a serving dish, set the dates in the center, and the cheese balls around them. Serve with French dressing.

Cottage Cheese Molded with Olives

Cut, lengthwise, pieces from three or four olives, discarding the stones; line a small charlotte mold with two strips of parchment paper, letting the ends hang out on the four sides. With a larding or trussing needle set the olive filets in the bottom of the mold, on the paper, in some symmetrical fashion; press cottage cheese, seasoned slightly with salt, paprika and cream or melted butter, above the olives, sprinkle in a few slices of olives and finish filling the mold with cheese. Make the cheese by any of the recipes previously given in the pages of this magazine. The recipe given in the August-September number, with junket, makes a rather firm cheese.

Cottage Cheese Toast

Prepare four slices of toast, using Victory bread, and one cup of cream sauce. For the sauce take two tablespoonfuls, each, of butter and flour, one-fourth a teaspoonful, each, of salt and paprika, and a generous cup of milk. Gradually beat half a cup, or more, of cottage cheese, pressed through a ricer into the sauce. Dip the edges of the toast in salted boiling water and set them on a hot plate. Pour the sauce above. Bos-



ROMAINE, DATE-AND-COTTAGE CHEESE SALAD

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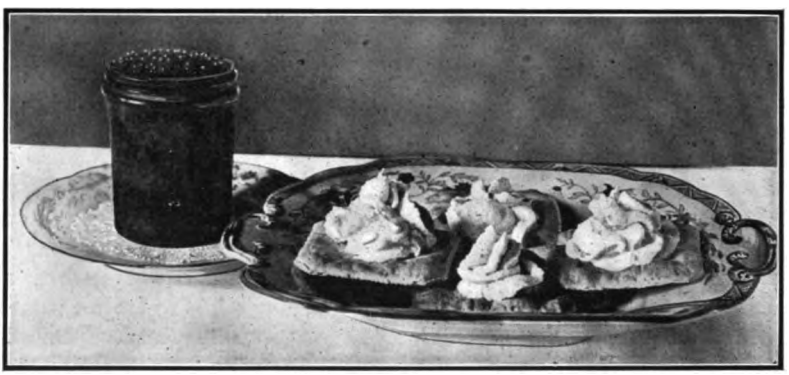
ton brown bread is good prepared in this way. Young America cheese, grated, may be used in place of the cottage cheese.

Cottage Cheese for Piping

Press cottage cheese through a "ricer" or vegetable press. Season to taste with salt, or salt, paprika and mustard; beat in heavy cream (nearly the same bulk as of cheese), or fold in the same quantity of cream (sweet or sour), beaten very firm. Press through bag with tube in the same manner as mashed potato or whipped cream. To serve with marmalade, apple sauce, baked apples, prunes, etc., omit paprika and mustard; use these when the cheese is to be served with tomatoes, lettuce or other green salad.

Cornflake Macaroons

Put one cup of shredded cocoanut and two tablespoonfuls of corn syrup in a double boiler; let cook until the cocoanut is softened, fifteen minutes or longer. Mix through half a cup of sugar and four cups of cornflakes, then work in the whites of three eggs, beaten very light. Drop by teaspoonfuls in greased tins, and shape into rounds. Bake in a slow oven until stiffened slightly. One-third a cup of honey may replace the half cup of sugar.



COTTAGE CHEESE PIPED ON CRACKERS, MARMALADE

Southern Sweet Potatoes

Parboil the potatoes ten minutes, peel and cut in slices, crosswise. Dispose the slices in a buttered baking dish in layers, dotting each layer with a little sugar and bits of butter. Add a few drops of vanilla to enough milk nearly to cover the potatoes; pour the milk over the potatoes and let bake in a moderate oven until done.

Aunt Delia's Gingerbread

Cream one-fourth a cup of butter (or substitute); beat in half a cup of sugar and half a cup of molasses. Add one egg, beaten light and mixed with half a cup of sour milk, then stir in one cup and a half of sifted flour, sifted again with one teaspoonful of soda and half a teaspoonful, each, of cloves, cinnamon and ginger. Bake in a sheet fifteen to twenty minutes, in a loaf about twenty-five minutes. This recipe is sent by a friend of ex-president Taft's Aunt Delia. It is found most excellent when made with one cup of rye or barley flour and half a cup of wheat flour. Without doubt the wheat flour might be replaced with one cup of rye or barley flour and one-fourth cup of rice flour.

Honey Sponge Cake

Boil three-fourths a cup of honey to about 240 F. or until it forms a soft ball, when tested in cold water; pour in a fine stream on the yolks of five eggs, beaten

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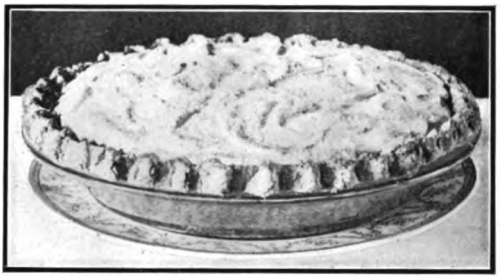
very light, beating constantly meanwhile; beat in the grated rind and juice of half a lemon; fold in half a cup of potato flour and the whites of five eggs beaten very light. Bake in an ungreased tube pan, in a very moderate oven, about fifty minutes. Let cool in the inverted tin. This recipe was given in the April number, but with half a cup, each, of honey and sugar. Three-fourths a cup of honey makes a cake of just as good texture and one perfectly satisfactory in every way.

Cottage Cheese Pie

Melt two tablespoonfuls of butter; in it cook two tablespoonfuls of cornstarch and half a teaspoonful of salt; add two-thirds of a cup of milk and stir until boiling; add two-thirds a cup of honey or three-fourths a cup of conservation syrup, one cup of cottage cheese, pressed through a ricer, the yolks of three eggs, beaten light, and the grated rind of one lemon or orange; mix all together thoroughly and turn into a plate lined with pastry in the same manner as for a custard pie. Bake until the mixture is firm. Beat the whites of three eggs very light; gradually beat in one-fourth a cup of honey and spread the meringue over the pie. Dredge on a teaspoonful of granulated sugar. Let cook in a very moderate oven until the meringue is tinted delicately. Serve the pie the day it is made.

Rye-and-Oat Flour Pastry

Sift together three-fourths a cup, each, of rye and oat flour, half a teaspoonful of salt and one-fourth a teaspoonful of



COTTAGE CHEESE PIE

baking powder. Look over the coarse oat flour in the sieve to remove extraneous particles, and add the rest to the sifted flour. Cut in five tablespoonfuls of shortening and mix to a soft dough with cold water. The pastry may be used at once, but it is handled more easily, if it be set aside in a covered bowl, in a cool place, over night.

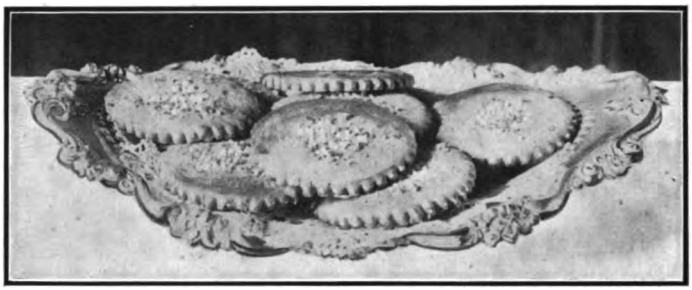
Maple Bavarian Cream and Charlotte Russe

Soften one and a half tablespoonfuls of granulated gelatine in one-third a cup of cold water and dissolve by setting the dish of gelatine in hot water; add three-fourths a cup of maple syrup and stir in a dish of ice and water until the mixture begins to stiffen a little, then fold in one cup and a half of cream, beaten very light but not dry. Turn in a mold for Bavarian cream; or for Charlotte Russe line the mold with lady fingers or thin slices of sponge cake before turning the cream into it. To serve a larger number, boil the syrup about six minutes, then pour in a fine stream on the white of an egg, beaten very light, beating constantly meanwhile; then add the gelatine and



COTTAGE CHEESE PIE, PIECE REMOVED

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MAPLE BUCKWHEAT COOKIES

when cold and beginning to set fold in the cream and finish as before.

Maple-Buckwheat Cookies

Cream half a cup of shortening (if unsalted add half a teaspoonful of salt); beat in three-fourths a cup of heavy maple syrup (boil until thick if necessary), two eggs, beaten light, and two cups of buckwheat flour, sifted again with two teaspoonfuls of baking powder. Knead slightly, roll into a sheet (part at a time) and cut into rounds; brush over with egg-white, sprinkle with chopped nut-meats and a little granulated sugar. Bake in a moderate oven.

Victory-Chimes Fruit-Food

Victory-Chimes Fruit-Food is a fruit-food prepared at 614 Milwaukee Street, Milwaukee, Wisconsin, for the boys "over there" and "over here." All profits from its sale are to be used for the erection of the Victory Chimes at Washington, D. C. The confection, which comes wrapped in waxed paper, and packed in an attractive box, resembles rich fruit cake containing nuts. It may be served cold as cake, or hot with a sauce as a pudding.

Victory-Chimes Fruit-Food Sundae

Set a slice of hot steamed Victory-Chimes Fruit-Food on a small serving plate; above dispose a small cone-shape of ice cream; over the whole pour two or three tablespoonfuls of maple syrup.



VICTORY-CHIMES, FRUIT-FOOD SUNDAE, WITH FOOD FROM WHICH SLICE WAS CUT AND CONTAINER

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Well-Balanced Menus Without Sugar.

One Week in October.

SUNDAY

Breakfast (Wheatless)
Hulled Corn, Maple Syrup, Top Milk
Small Potatoes, Baked
Bacon Broiled in Oven
Coffee Oatmeal Bannocks Cocoa

Dinner
Fricassée of Fowl, Savory Rice
Tomatoes and Romaine, French Dressing
Cauliflower, Hollandaise Sauce
Sweet Potatoes, Southern Style (Maple Syrup)
Lemon Sherbet (Conservation Syrup)
Sponge Cake (honey, potato flour)

Supper
Tomato Rabbit on Wheatless Biscuit
Cold Cauliflower, French Dressing
Apples Baked with Figs, Top Milk
Aunt Delia's Gingerbread
(Maple Sugar or Karo) Tea

MONDAY

Breakfast
Fried Hominy Mush, Maple Syrup
Broiled Tripe Potatoes Cooked in Milk
Rye-meal and Oat-flour Muffins
Coffee Cocoa

Luncheon
Cream of Tomato Soup
Slices Victory Bread with Young America Cheese (made hot in oven)
Baked Indian Pudding, Top Milk

Dinner
Rice-and-Chicken Soufflé
Buttered Shell Beans, Bechamel or Mushroom Sauce
Tomatoes Stuffed with Mayonnaise of Celery
Hot Boston Brown Bread (wheatless)
Apple Tapioca Pudding. Maple Syrup

TUESDAY

Breakfast
Barley Meal Mush, Top Milk
Tripe rolled in Cornmeal, Fried
Fried Bananas
Sweet Potatoes, Baked
Breakfast Corncake
Coffee Cocoa

Luncheon
Grapes
Creamed Celery with Poached Eggs
Baked Potatoes, Belgian Style
Apple Dumpling, Syrup, Butter
Tea

Dinner
Boston Roast, Tomato Sauce
Celery Hearts
Sweet Potatoes, Baked
Maple Rice Pudding with Raisins
Half-Cups Coffee

WEDNESDAY

Breakfast
Cornflakes
Sweet Apples, Baked, Top Milk
Victory Toast (oatmeal bread)
Coffee Potato Doughnuts Cocoa

Luncheon
Emergency Soup
Cheese Timbales, Cream Sauce
Sliced Tomatoes, French Dressing
Rye or Barley-and-Rice-flour Biscuit
Grapes

Dinner
Fresh or Canned Salmon, Boiled (made hot in can, boiling water, turned out whole)
Egg Sauce Boiled Potatoes
Buttered Beets Peach Ice Cream
(Conservation Syrup)
Cornflake Macaroons

THURSDAY

Breakfast
Hominy, Sliced Bananas, Top Milk
Eggs Cooked in Shell
Potatoes, Sauté
Oat Flour Muffins
Coffee Cocoa

Dinner
Round Steak en Casserole
(onions, carrots, potatoes)
Celery Hearts
Lemon Pie
(barley or oat flour pastry, honey for sugar)

Supper
Lettuce, Date-and-Apple Salad
Cottage Cheese
Rice Bread and Butter
Tea or Cocoa Honey Cookies

FRIDAY

Breakfast
Hulled Corn, Syrup, Top Milk
Fresh Fish Cakes, Sauté, or
Fish-and-Potato Hash
Pickled Beets
Muffins, Toasted
Coffee Cocoa

Dinner
Fresh Fish Chowder
Mustard Pickles or Sliced Tomatoes
Wheatless Crackers
Prune Bavarian Cream
Honey Cookies

Supper
Cheese Croquettes
Cabbage Salad
Spider Corncake
Left-over Gingerbread
Tea

SATURDAY

Breakfast
Barley Meal Mush, Hot Dates, Top Milk
Rice Omelet
Potato Doughnuts
Coffee Cocoa

Luncheon
Cream of Celery Soup
Fried Hominy Balls, Cheese Sauce
Sliced Tomatoes
Quick Barley or Rye Biscuit
Grapes

Dinner
Boston Baked Beans
Boston Brown Bread
Dill or Mustard Pickles or Pickled String Beans
Prune Jelly, Conservation Custard

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Company Luncheons of Two Courses

(SUGARLESS)

I

Baked Turbans of Fresh Fish, Bechamel Sauce
Potato Balls Parisienne
(Butter and Parsley)
Rye Meal Biscuit
Lettuce and Tomatoes, French Dressing
Peach or Lemon Sherbet
(Conservation Syrup)
Half Cups Coffee

II

Cauliflower, Cheese Sauce
Rye Popovers
Lettuce, French Dressing
Baked Maple Custard
Honey Cookies
Half Cups Coffee

III

Cream of Corn Soup, St. Germain
(corn timbales in soup)
Rye Meal Bread Sticks
Celery
Romaine, Dates, Nuts and Cottage Cheese Salad
Half Cups Coffee

IV

Cheese (Young America) Croquettes
Romaine, French Dressing
Barley-and-Rice Flour Biscuit
Prune Soufflé, Boiled Custard
(honey or conservation syrup)
Cornflake Macaroons

V

Halibut à la King
Cucumbers, French Dressing
Victory Bread (oatmeal)
Individual Cottage Cheese Pies
Half Cups Coffee

VI

Spanish Omelet
Oat Flour Muffins
Conservation Cream Puffs
Cocoa

VII

Spinach or Swiss Chard Soufflé, Cream Sauce
Rice Flour Bread
Mayonnaise of Eggs and Lettuce
Half Cups Coffee

VIII

Tomatoes Stuffed with Mayonnaise of Celery and Chicken
Breadcrust Bread
Frozen Apricots (conservation syrup)
Half Cups Coffee

IX

Egg Croquettes, Italian Style
Lettuce and Tomatoes, French Dressing
Apples Baked with Almonds
(porcupine style, conservation syrup)
Honey Cookies
Half Cups Coffee

X

Cheese Pudding
Apple Sauce (maple syrup)
Squash Pie (rye pastry)
Half Cups Coffee

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Food Notes for October

By Janet M. Hill

OF wheat flour and wheat products, if possible, use none; not over six pounds per person per month.

Victory mixed flour, 80 per cent wheat, 20 per cent substitute, may be bought without substitutes.

Four pounds of wheat flour may be bought with one pound of substitute.

Pure rye flour or meal may be sold as a substitute; two pounds with three pounds of wheat.

Rye products may be used freely.

Sugar ration, two pounds per month, per person, or thirty-two ounces in thirty days, or (approximately) one ounce, two and one-half level tablespoonfuls, or six level teaspoonfuls per day.

As this number of AMERICAN COOKERY goes to its readers, the end of the intensive sugar campaign is nearing completion. That the full quantity of sugar desired for exportation has been sent forward is the wish of every patriotic housekeeper. Each claims the privilege of sharing whatever she has with her sisters across the sea and our boys, wherever they may be. The time in which we had opportunity to cut down so drastically on this luxury was short. The necessity was not apparent till the last moment; discussion of reasons was practically out of the question. Let us hope that through the daily press the rank and file of housekeepers were advised in time, and that each outgoing ship, in the last six weeks, has carried overseas a substantial addition to the sugar supply so necessary to the energy and endurance of our army at this time.

In accordance with the demands of the hour this number has been made practically sugarless; with conservation of wheat, meat and fats about the same as the practice since we entered the war.

With figs, dates, honey, maple sugar and syrup and good molasses, even in somewhat limited quantity, no deprivation of sugar is noticeable. We simply change our habits of eating a little, and in most cases to the advantage of health.

Go without sugar on your cereal a few mornings, and you will relish it just as well as with sugar. Coffee and tea are quite as stimulating when taken without sugar and cream, and certainly it agrees with one better when so taken.

When substitute flours were first put on the market, skill in milling them had not been acquired. Often the grain had not been stored with proper care, and the flour and meal were not always of choice quality. Now all this is changed for the better, and the restrictions against the free use of white flour products should no longer be a matter even of annoyance.

There are certain varieties of bread containing even more "substitute" in composition than the "Victory" loaf of the baker, that will always be given a place on our tables. One of them is oat-flour bread, made with two cups of oat-flour to a pint of liquid (preferably milk), and wheat, or whole wheat, two loaves are produced with which no one will find fault. In New England, rye may now be bought without restriction, and used

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freely. As far as possible each housekeeper should use the flour and meal grown in her own locality.

Corn or rice flour in combination with rye or barley flour make excellent gingerbread, ginger snaps or chocolate cake. Rye and barley flour may be used to replace an equal measure of wheat; corn and rice flours have about double the thickening power, though not all thicken the same. It is advisable when buying a fresh quantity of these flours to test them with ginger snaps, or some similar mixture that may be tested, and a little more flour added if necessary.

Any of the substitute flours make good pastry and biscuit. Pastry and biscuit should be mixed softer than when wheat is used. The board should be dredged freely with flour, and the dough handled as little as possible. The pastry breaks easily, but, being soft, is not injured in appearance when pressed back in place with the fingers. Such pastry cannot be handled if rolled as thin as pastry made with wheat flour. For a large pie with two crusts take two cups of flour; no paste left over need be wasted, two or three apple tarts, or a few cheese straws will certainly be appreciated by some one.

After rolling out the paste, dredge lightly with flour and fold one half the paste over the other half to lift it to the plate.

Not all housekeepers have milk for cottage cheese, but if living in the country where the expense incident to its delivery is confined to the producer, and the milk is procurable for 7½ or 8 cents per quart, cottage cheese is the cheapest form of protein that can be procured.

Women and the War of Steel

Prepared for American Cookery by the United States Fuel Administration

A GIANT ship freighted with soldiers; a bucketful of coal beside the kitchen range: Which would an artist choose if he were painting a picture "Fuel and the War?"

The woman who thoughtfully cooks dinner and supper at the same time, in order that a bucketful of coal may be saved, can call the man her comrade who directs victorious armies. What would his armies be without the coal that provides them with steel weapons? How would that coal be supplied, fully, if every person in the United States did not join the conservation forces?

This is a war of resources. More than that, it is a war which depends on coal resources. There must be coal to manufacture supplies and ammunition on a vast scale, coal to transport millions of men, both in this country and across the water, coal for the Allies, coal to transport coal, coal to keep industries going, coal to keep the home fires burning.

We must bear ceaselessly in mind the gigantic fuel demands of America. To our normal demands of peace times are added the enormous requirements that shall keep ships and industries going, day after day. To that, add the fact that our Allies have had their sources of coal badly impaired. We must help to make up their deficit.

Increased production cannot fill the entire demand. Although 700,000 miners in the United States are working at well nigh maximum capacity, and transportation agencies are moving fuel with increasing speed and skill, the excess demand cannot be met by these means alone.

These excess demands for fuel this winter have made it imperative that we economize rigidly on coal. The unadorned truth is not that we *should* save fuel for patriotic reasons; it is that we

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must save fuel if we are to fight a victorious fight.

Shifting the burden from "we" to "they" is cowardly. This is no time to say, "Why do they not mine more?" The time has come when we must decide what "we" can do. "They" are mining coal with all their might; "we" must save coal at the same rate. The two powerful allies in the home trenches are "they" who produce, and "we" who save.

Sixteen solid trains of gondola cars loaded with coal, occupying sixteen tracks from New York to San Francisco! It sounds like a fairy tale to state that so vast a railroad yard of cars stretching all the way across the continent is necessary to take care of merely the increase of coal transportation demanded, this year, of the railroads. The amount of coal transported through the country in peace times was enormous; now that 200,000,000 additional tons must be transported from the mines to the fire-boxes, the coal business, in its physical proportions, passes almost beyond conception.

The woman who is able to relieve this vast demand on shipping and the coal supply only by turning out a light here, putting on a storm window there, reducing the temperature of a room, or cooking in a way that will use the least amount of coal, may feel, desparingly, that her efforts can be of no avail. To her it may seem like the hopeless task of an ant trying to move a binful of wheat, kernel by kernel. Still one can imagine an army of ants large enough to move the wheat in a short time. So, too, the army of twenty million American women, the chief inspiration of twenty million families, have it within their power to supply fifteen million tons of coal, the amount which the United States Fuel Administration reckons as the annual fuel waste of American homes.

We women in our homes like to think and act in concrete terms. We envy the officer who orders a charge, then views the ground he has gained. There is encouragement in feeling the thrill of success. Our war tasks are the tasks of saving. We see no immediate results, and our hearts grow heavy, believing our labors are futile.

Perhaps, if we put some of our tasks into concrete terms, we shall understand that we are taking an actual part in the war game. We are members of the fuel army, the greatest army on this side of the Atlantic. We may be only privates in that army, with few chances to comprehend the big gains in our sector, but we gain daily victories which should give us thrills of encouragement.

Imagine your son without the protection of the steel which stands between him and death. Every ton of finished and transported steel requires five tons of coal to complete it. If your family saves a ton of coal, you are instrumental in producing 400 pounds of steel. That may mean definite protection for your son.

When you save a ton of coal, estimate how much money you have earned, for "a penny saved is a penny gained." How many bandages, sweaters or socks will that money buy for the Red Cross? By this means, also, your fuel saving may stand between your boy and death.

When you write to him in the trenches do you say, "They are asking us to save fuel, but we use so little here at home, anyhow, our bit would make no difference?"

What would he think to know that his family was not heart and soul behind the government? You must save fuel if for no other reason than to let him know you are with him to the last ditch. The thrill of any war worker, whether it be a general or a housewife, who sifts ashes for stray pieces of coal, is the joy of a victorious battle. Our housewives' victories are the victories of conservation.

How then, shall we begin this great campaign of fuel conservation? The ways are many, and you already know them in part:

1. Cook many dishes at once; fill up the oven to its greatest capacity; steam one dish while boiling another; use a

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fireless cooker; do without food which requires all-day cooking.

2. Dress warmly; do not let vanity be your stumbling block.

3. Turn off all the lights that are not needed; use as few lights as you can.

4. See that your furnace is run by one who knows it, and knows it well.

5. Stop up the air leaks in your house by weather stripping and storm windows.

6. Don't heat all the house. Are you helping the enemy by heating the unused bedrooms and parlors?

7. Don't overheat your rooms. Experts assure us that 68 degrees, or even 60 to 64 degrees — if a high degree of humidity is maintained — is the best temperature for health. Suppose you even suffer chilliness now and again. He who is across the seas is vigorous and smiling, though there is not even a wall between him and the wind.

A Few Good Spanish Dishes

By Mary E. Stickney

WHAT we recognize as Spanish cookery might be more properly credited to Mexico, since its principal dishes have been developed in that country, and are characterized by its conditions. The humid heat of the tropics tends to make fresh meat spoil quickly, hence an animal slaughtered for food there finds its way to the market without waiting to hang and ripen to the degree of tenderness demanded in a cooler climate. And so the peon cook has learned to conquer tough fibre by long, slow cooking, and how to abridge the process of simmering by cutting the meat into small bits, as in *chile con carne*, or aid digestion by turning it into hashes of varying sorts, as in *tamales* and *albondigas*, while she counterbalances its lack of flavor by a clever blending of seasoning that is far from being all pepper. Moreover, in a land where poverty is always epidemic, and good meat is treated with respect, she has become an adept in making a little go a long way. For all of these reasons, and particularly because new ways of making palatable the cheaper cuts of meat should be especially welcome in these days of soaring prices, the housekeeper who is sighing for "something different," which may yet conform to war conditions, might well turn to Spanish dishes now and then.

It would seem a waste of words, however, to ask an up-to-date American housekeeper, and still less to demand of the modern maid, that she follow in exact detail the methods of old Mexico, where labor is plentiful and cheap and time is considered of no account; where cooking equipment is commonly of most primitive sort, and a listless conservatism holds all classes more or less back from troublous ways of progress and improvement. For instance, the peon cook of today prepares her corn meal — always the favored cereal of Mexico — just as her grandmother did, and the whole line of grandmothers who came before her. She can imagine no way to be compared with that of soaking the corn in a solution of lye until she may rub off the hulls between her bare hands. And then, when the corn has been dried again to the right degree, she will patiently pound it to meal between stones, in the old-time contrivance known as a *metate*. As thus prepared the meal is almost as coarse as our ground hominy, and it must be admitted that it possesses a certain nutty sweetness that may be, to some extent, lacking in the product of the mills. But who in this land of ours, and particularly

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in these busy days, has time to spare for such labor as this? And why should time and strength be so sacrificed, when a meal may be bought in cartons especially designed for *tamales* and the like? or when, if that may not be obtained, any good unbolted meal may answer the purpose, even if not as good as that handmade meal of Mexico, still good enough. Again in preparing her ubiquitous *chile*, the peon cook spares neither time nor labor; but a prepared chile powder may now be obtained at any first-class grocery, giving to *chile con carne*, or whatever the dish may be, just the right zip and flavor, at the cost of no trouble at all beyond dipping it out with a spoon.

The formulæ given below are all Americanized to the extent of using the chile powder and ordinary corn meal, where such ingredients are demanded; the processes are further simplified in certain small details, while, yet, the characteristic flavor and proper appearance of the dish is retained. Seasoning may, of course, be modified to taste, and one who has a mind to try them will put upon her table dishes that will be found appetizing and also economical.

Chile Con Carne

Cut into strips the size of one's thumb, and then into two-inch lengths, a pound of lean beef, preferably from the flank. Slice a large onion and mince two cloves of garlic. Put two tablespoonfuls of good cottonseed oil, or any preferred fat, in an iron kettle, or deep granite-ware saucepan, and when hot, put in meat, onions and garlic, frying until the meat is delicately brown, turning constantly and seeing to it that the onions do not burn. Add three tablespoonfuls of chile powder and a quart of water and let the stew simmer gently for two hours. Add then two large tomatoes, peeled and cut in quarters, or an equal quantity of canned tomato, with salt to taste. Continue the slow cooking until the meat is very tender, but not boiled to shreds. Just before sending to the table thicken slightly with a little flour rubbed to a smooth, thin paste in cold water.

A very good *chile con carne* may be made from scraps of any leftover meat; but the cooked meat naturally requires much less cooking than the raw, and so less water is demanded, although, as to vegetables and seasoning, the formula may be the same.

In Mexico a few *frijoles*, their beloved pink beans, may be added occasionally to the stew, but they more commonly accompany it to the table as a separate dish.

Frijoles, Spanish Style

Soak over night in cold water two cups of the Mexican pink beans. In the morning drain, add a quart of fresh water and a teaspoonful of soda, and parboil five minutes. Drain again, add another quart of fresh water and put back to boil with a teaspoonful and a half of salt, a tablespoonful of brown sugar, and three tablespoonfuls of chile powder and a couple of green peppers, from which seeds and tough fibre have been removed, the remainder shredded fine. The Mexican cook would now add half a cup of lard or salad oil, but American taste may prefer an approximate quantity of salt pork or bacon cut in tiny cubes. Boil gently for an hour and a half. Add, then, two large onions and three cloves of garlic, all chopped fine, with three large tomatoes, peeled and sliced, or an equal quantity of canned tomato. Continue the cooking until the beans are done, the time depending upon how old and dry they may be to begin with. Water may be added from time to time as required, and if an unsalted fat is used, an extra dash of salt may be required. The *frijoles* when served should have the consistency of a thick stew.

Tamales

As the old recipe for stewed hare began "First catch your hare," so in beginning directions for making *tamales* we must say, first procure your corn husks, which

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in all places, and at all seasons, may not be an easy thing to do, unless one has caught the habit of the thrifty Mexican housewife, who will carefully dry and save every good corn husk that comes from her table in the season of green corn. In many cities, however, particularly in the West and South where "Hot Tamales" are established in favor, the corn husks can generally be obtained without trouble, while in some places an imitation husk may be found, made of a sort of fibre paper. This last, however, while it may serve the night venders, is hardly to be recommended, as it naturally fails to impart the delicate flavor that comes from the husk of the sweet corn even after it has been a long time dried.

The husks obtained, either fresh or dried, put them to soak and soften in warm water.

Slice thin one large onion and two cloves of garlic and fry until well cooked, but not browned, in a tablespoonful of lard or drippings. Add then a cup and a half of any cooked meat, minced fine, with a tablespoonful of chile powder and enough soup stock or gravy to moisten to the consistency of a dough. Let the mixture cook for a minute or two, stirring constantly, then set aside while preparing the meal.

Put two cups of soup stock in a saucepan and bring to a boil; add a scant teaspoonful of salt, two teaspoonfuls of chile powder, a tablespoonful of fat skimmed from the soup stock, and a cup of meal, stirring constantly until it is cooked to a thick mush.

Dry the husks with a towel and spread on each a thin pat of mush, making it about three inches long, while it should stop a little short on either side of the husk. On about a fifth of the number drop in the middle of the mush a generous spoonful of the meat mixture, pressing into each portion an olive or two, either the green or ripe, as may be preferred, with a scattering of seeded raisins. Then over the husks with the meat mixture turn one with the plain mush, pressing together to completely envelop the meat. On either side of these two fold one of the mush-spread husks, while one or more others may be added, until the roll is of about the diameter of an ordinary ear of corn, although still no more than three inches long. Tie at either end with ribbons of corn husks to confine the contents, and trim ends evenly with scissors. Place the *tamales* in a steamer and cook three-quarters of an hour, taking care that the water underneath is kept constantly boiling. *Tamales* may be warmed over a second, or even a third time, and seem as good as when freshly made.

For chicken *tamales* joint a chicken as for a fricassée and stew gently until tender, adding salt to taste, and also a dash of celery salt, when about half done. Use the broth from the stew in making the mush, omitting chile. Spread the husks with the mush, and on about one-fifth of the number place a nice piece of the cooked chicken — a leg, first joint, or piece of breast — adding to that an olive or two, half a dozen raisins and a teaspoonful of chile sauce that has been thickened almost to the consistency of jelly. Enfold with mush-spread husks and finish like ordinary *tamales*.

Chile Sauce Useful in Many Spanish Dishes

Slice thin two large onions; chop fine two cloves of garlic, and fry these in two tablespoonfuls of butter, drippings or lard, the latter almost invariably the choice of the Mexican cook. When cooked done, but not browned, add two or three good-sized tomatoes, peeled and sliced, or an equal amount of canned tomato, three teaspoonfuls of chile powder, a teaspoonful of salt, a teaspoonful of sugar and a cup of water. Boil gently until vegetables are cooked soft. Press through a strainer, return to the fire and thicken with flour or corn starch rubbed to a thin paste, free from lumps, in a little cold water. Taste and add

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more salt or more chile if called for, no certain rule being possible because of differing sizes of onions and tomatoes. The thickening must also be left to the judgment of the cook, a sauce of differing consistency demanded for different dishes.

Spanish Macaroni

Make a chile sauce as above in sufficient amount to cover fully the desired quantity of macaroni, which has been broken to inch-pieces, boiled twenty-five minutes in salted water and well drained. Cooked meat may be minced and added if desired, in which case macaroni, meat and sauce should go into the dish alternately, taking care that it be very moist with the sauce. Sprinkle the top with crumbs, or with cheese grated, or run through a meat chopper, and bake half an hour in an oven hot enough just to delicately brown the top.

Spanish rice is prepared in the same way, merely substituting cooked rice for the macaroni.

Albondigas

Take half a pound, each, of lean beef and fresh pork and run through the meat grinder. Add half a teaspoonful of salt, two teaspoonfuls of chile powder, and a raw egg, slightly beaten. Blend with it enough fine bread crumbs to make a mass which may hold its shape. Form into small balls with one quarter of a hard-boiled egg in the center of each.

Make a chile sauce, and, before thickening has been added and while it is boiling hot, drop in the meat balls and let them simmer gently about half an hour, adding a little more water, from time to time, if sauce boils away too much. Just before serving thicken the sauce slightly with flour or corn starch. Arrange the balls on a platter, pour the sauce around them, and garnish with parsley.

Enchiladas

The first requisite for these is the *tortilla*, the corn-meal cake, which in Mexico serves as bread, and often in lieu of plate or spoon. The peon cook prepares it by a simple mixture of her coarse meal and water, patting each cake into shape between her hands, then it is cooked and turned like a griddle-cake on a smooth hot stone, or plate of coarse earthenware, although sometimes an iron griddle serves. As she makes them, the cakes are so thin, and at the same time so flexible, and of such consistency, that the peon thinks nothing of bending a bit of *tortilla* into a scoop to convey from the common dish to his mouth portions of *chile con carne* or *frijoles*, the appetizing spoon a part of each mouthful. But for unpractised hands to pat the dough to proper thinness, and especially with our corn meal, would seem to be nearly impossible, while, moreover, it is hard for the novice to make a cake that will be sufficiently flexible of meal alone. And so the inexperienced housewife who would try *enchiladas* (and they are well worth trying), is advised to make an Americanized *torilla* by the following rule:

Have in a saucepan a cup and a half of boiling water with three-fourths a teaspoonful of salt; sprinkle into it three-fourths a cup of unbolted corn meal, stirring constantly while it cooks to a thick mush. Beat into it then half a cup of sifted flour and thin with water until it is just slightly thicker than ordinary griddle-cake batter. Fry like ordinary griddle cakes on a greased griddle, making each cake about four inches in diameter. Have cooked meat minced and prepared as for *tamales*, and place in the center of each cake a generous sausage-shaped portion, turning the sides over and pinning edges together with wooden toothpicks to make sausage-shaped rolls. When cakes with meat filling are all ready, drop them into a saucepan of hot chile sauce and cook a few minutes, just long enough to heat them through thoroughly. Arrange on a platter, remove the toothpicks, press an olive in the center of each and sprinkle the tops with grated cheese. Pour the sauce around them and garnish the dish

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with a border of lettuce leaves or parsley. When *enchiladas* are served on individual plates, each one should be placed on a lettuce leaf with a generous quantity of the sauce poured around it.

Spanish Omelet

Prepare a chile sauce, thickened to the consistency of gruel, and add either a can of drained mushrooms, or shrimps, as may be preferred. Place where sauce will be kept hot until wanted.

Make an omelet of the size desired and when half-cooked pour into the center a few spoonfuls of the sauce. Finish cooking, fold and slip to a hot platter. Pour the remainder of the hot sauce around it and garnish top of omelet with diamond-shaped pieces cut from canned pimientos and a sprinkling of minced parsley.

A Couple of One-Dish Dinners

By E. G. W.

SOMETIMES it is advantageous to plan and prepare the main dinner dish in a single container. Not only is heat saved, but extra work as well. Some day when you want something extra good try

Mexican Ham

Take a slice of ham cut about twice as thick as for ordinary frying purposes. Rub a small teaspoonful of mustard into the surface and a tablespoonful of brown sugar. Lay this in the bottom of a large casserole or baking pan. Pare and slice potatoes thin, preparing sufficient sliced potatoes for the family, and to cover the ham to a depth of two or three inches. Dot with a few bits of butter substitute, unless the ham has a good deal of fat about the edges. Sprinkle with a little pepper and cover with milk, much as you would for scalloped potatoes. Set into the oven and bake in a moderate heat for two hours. The ham will be tender and delicious, and can be cut with a fork, and the potatoes will be seasoned to a turn.

If the family is small, this dish will do two days nicely for dinner, being just as good when reheated the second day, and making the expense of the dish, which is the ham, really very moderate.

Another delicious dish is

Spanish Steak

Take a slice of round steak two inches thick. Grease a baking pan or casserole and place in the bottom of the dish. Slice onions to a depth of an inch, or an inch and a half over the steak. Finish with two or two and a half inches deep of peeled, thin-sliced potatoes. Dot with bits of butter substitute, add salt and pepper, and cover with milk. Bake in a moderate oven two hours. This makes a savory and toothsome dish at a moderate expense, as a rather cheap cut of meat may be used. It will be satisfactorily tender for even the most fastidious.

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Contributions to this department will be gladly received. Accepted items will be [paid for at reasonable rates.

Cocktails

THEIR PLACE IN THE DAILY MENU

By Grace P. T. Knudson

THE presiding genius of the American kitchen — since the days of colonial ancestors — has been famed for her generous, and even prodigal, preparation of food, both for her own immediate family and for her invited guests. I have known a French housekeeper to exclaim in actual horror at, what seemed to her, a terrible waste of tidbits. She would have taken the bits in question, and, with a touch of something savory and green here, a pinch of spiciness there, and, over all, a marvelously blended sauce — the ingredients of which would baffle the taste of the veriest epicure — made of them a dish nourishing, appetizing, and good to look upon. The possibilities of the American cocktail, in its development, would delight this same small French woman.

Time was when pepper and salt and garden herbs were considered the only necessary seasonings upon the pantry shelves. We are bound to live more simply because of the experiences we are now passing through, and because we cannot help but carry into the future an impress of our present efforts at conservation, in a reaching after more economical effects in our living. This simplicity and these effects may be gained — for the table — in two ways: By dropping all unnecessary courses, and by a judicious and intelligent use of some of the newer food ingredients, which, themselves, may have been brought to the front in a feverish competition for something novel. So, let us revive the garden herbs, but add to these old-time seasonings paprika, ketchup, grape juice, kitchen bouquet, and the like, to help this generation make of home-cooking a simple art.

We have, heretofore, had the so-called "cocktail" served us at formal luncheons or dinners, or we may, ourselves, have served it upon state occasions, but it is as worthy of development and elaboration for the daily menu as is time-old soup. Indeed, the cocktail can put forward four claims to worthiness:

First, it will render appetizing and attractive many an odd or end; second, it will fill the places of *hors-d'œuvres*, soup, and fish — since it may combine elements of all three courses, thus simplifying service and conserving the meat of soup stock; third, for a luncheon, it will slip into place of salad, when green stuff is hard to get; fourth, to the maidless housewife, entertaining guests, it will prove a real friend, as it may be so easily prepared beforehand and placed on the table at a moment's notice — no disconcerting, flushed face, caused by leaning over the hot stove, no curdling or otherwise spoiling from waiting.

The cocktail may be created from fish, fruit or vegetables; be served properly during all seasons, or for any meal. Dainty in appearance, appetizing in in-

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gredients, nourishing of content — it cannot help but please.

The proof of the cocktail, however, lies in the sauce.

Sauce for Lobster Cocktail

4 tablespoonfuls tomato catsup
2½ tablespoonfuls white grape juice
1 tablespoonful lemon juice
1 teaspoonful vinegar
½ teaspoonful salt
⅛ teaspoonful paprika, or dash of Cayenne
½ teaspoonful sugar
½ teaspoonful kitchen boquet

Allow one-fourth cup of boiled lobster meat, cut in pieces, for each cocktail, and the sauce above will make four. Chill thoroughly, both sauce and meat, and serve together in cocktail glasses.

If in lettuce season, arrange the lobster by itself on a bed of lettuce, at one side of a soup plate of cracked ice, with the sauce in a glass at the other side.

This sauce may be used also with crab, shrimp or scallops in the same manner as with lobster.

Sauce for Oyster Cocktail

4 tablespoonfuls tomato catsup
2½ tablespoonfuls white grape juice
1 teaspoonful lemon juice
½ teaspoonful salt
4 drops Tobasco sauce
1 teaspoonful grated horseradish

For four cocktails allow seven small raw oysters to each person; mix ingredients, chill, and serve in cocktail glasses. If desired, garnish with a sprinkling of finely chopped celery.

This sauce blends well with little neck clams, or with cold boiled salmon, halibut, or any firm fish.

Sauce for Fruit Cocktail

4 tablespoonfuls tomato catsup
4 tablespoonfuls white grape juice
1 tablespoonful lemon juice
1 tablespoonful orange juice
½ teaspoonful salt
⅛ teaspoonful paprika or dash of Cayenne
½ teaspoonful sugar
½ teaspoonful clove
½ teaspoonful cinnamon

Pear or Peach Cocktail

Peel fruit, and cut in eighths; chill, and serve in cocktail glasses with sauce poured over it. If tinned fruit is used, substitute an equal amount of the juice in the tin for the white grape juice in the sauce recipe.

Mixed Fruit Cocktail

Remove pulp from grape fruit, and mix with diced pineapple and sliced banana. Allow one-half cup of mixture to each serving. Chill thoroughly, add cocktail sauce, also chilled, and serve in grape fruit skins, or in glasses.

Vegetable Cocktail

Prepare by boiling vegetables in salted water, dice, or cut in small pieces, and chill thoroughly. Serve in cocktail glasses, with sauce the same as for lobster. The following vegetables make the best cocktails: Beets, combination of string beans and beets, cabbage, carrots, potato with shreds of raw onion, squash, sweet potato.

* * *

The Busy Woman's Flower

PERHAPS more than half of the living rooms into which we are ushered are finished and furnished in browns and tans. Dull shades predominate. Commonly the woodwork is stained with sienna; or, it may be, umber. Such rooms are delightfully restful, and easily cared for, but they *do* need a touch of brightness — such brightness as a bit of brass will give; or something in pottery, glowingly decorated; or, better than anything else, a bunch of yellow flowers. Such rooms were *made* to be decorated with yellow flowers,— and their owners put into them pink, or blue, or red! — when yellow might be at hand all summer and fall, if the owner but knew the glory of the golden coreopsis.

Coreopsis, long-stemmed and graceful; flowering freely, withering slowly, keeping in water for weeks; a perennial — once planted, planted "for keeps." Once started, it grows easily, in sun or shade, and blooms from early spring till after

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frost. It seldom winter-kills. And one may cut — and cut — and cut — and come again, there seems to be no limit to its blooming possibilities. The more one gathers, the more there seems to be to bloom. But for best results, the plant should not be allowed to run to seed. . . . Coreopsis, it is indeed a busy woman's flower — just as a brown room is a busy woman's room; and the two go best together. A bowl of these "golden sunshines" (the common name) will brighten a dull-seeming room as nothing else can. . . . And they do not self-sow to any great extent, even when allowed to seed; they do not become a pest, as is the case with some easily-grown flowers like French pinks that ruin the wheat fields in the far west. . . . Coreopsis, in a big green bowl, a bit of sunshine on the dullest day, the flower of all flowers for the busy woman! And for the brown room!

I. R. F.

* * *

A Forgotten Festivity

SPECIAL embassies from many countries are visiting us in these war times, and the shadow of Mr. Hoover is over most of the entertainments given for them. But, without a war to modify our habits, a banquet of today would be far simpler than this one of 1871, and even the printer of the menu would hardly use so many commas.

The guest of honor, the Grand Duke Alexis, born in 1850, was the uncle of the late Nicholas Romanoff, and died unmarried in Paris (that paradise of Grand Dukes) in 1908.

The menu is two cards tied together with faded ribbons, yellow, black and red. Above is the Russian coat of arms, with laurels on either side. Below is printed in gold:

COMPLIMENTARY DINNER
TO
H. I. H. THE GRAND DUKE ALEXIS,
AT THE
REVERE HOUSE
BOSTON, DECEMBER 9TH, 1871

This is the menu:

Menu

POTAGES

Green Turtle — Julienne

POISSONS

Halibut au Gratin — Cusk à la Crême

RÔTS

Perdreaux braisés farcies aux Truffes
Boeuf à la Mode, à la Française
Chapon, bouilli — Oie, rôtie

HORS D'OEUVRES

Galantine de Dindon en Belleveu
Terrine de Foies gras de Strasbourg
Cailles farcies à la Périgord
Canards en plumes sur socle
Pâté de Foie aux Truffes

ENTRÉES

Riz de Veau aux Petits Pois
Vol-au-vent à la Financière
Terrapin sauté au Vin de Madère
Huitres au gratin en Coquilles
Macaroni au Parmesan

GIBIER

Canards Sauvages, Canvasback and Black
Cailles Poulets des Prairies Bécasses Pluviers

SUCRÉES

Omelette Soufflée Charlotte Russe
Bonbons Meringues à la Crême Gelées

DESSERT

Café — Liqueurs

On the other card is the generous assortment of wines.

VINS

Xeres

Cabinet — V. V. S. Gold

Sauterne

Latour Blanche — Château Yquem

Champagne

Roederer Carte Blanche
Möet and Chandon Dry Imperial
Möet and Chandon Extra Superior

Bordeaux et Bourgogne
Grand Vin Château Lafitte
Grand Vin Pontet Canet
Chambertin, 1834
Romanée, 1834

Prince Metternich Johannisberger
Steinberger, 1846

Liqueurs

Cognac Vierge — Curaçoa — Kümmel
Maraschin — Creme de Noyau

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There is certainly a plentiful choice of wines, but no mention of the now popular cocktail. And there are no raw oysters, but scalloped oysters come among the entrées. Cusk was then much used for formal dinners, and an attempt has recently been made to bring it into more common use. A rule for Cusk à la Crême, copied in 1863, calls for one quart of cream for the sauce, which is poured over it. Then the beaten whites of six eggs are spread over the top, and it is baked.

What would a modern chef think of the choice of hors d'œuvres? And what would a food conservationist of 1918 say of the lack of vegetables? The only one mentioned is served with the sweetbread. There probably were others, although it was not necessary to specify them to make the menu longer, and there may have been a salad served with the game. But where is our national ice cream, unless it is included in the dessert, which was more probably nuts and raisins.

While this may not have been a festive occasion, it must have been a filling one. M. H. G.

* * *

Sugar-Saving Sweets

Candied Fruits and Vegetables

1. Select products of uniform size and ripeness.
2. Wash.
3. Cut fruits in halves, quarters, or smaller sections; cut vegetables in narrow strips about 2½ inches in length.
4. Drop in a syrup cooked until it spins a thread. To prepare a spiced syrup, boil whole cloves and whole cinnamon in ¾ cup of water 15 minutes. Strain out spices. Add to strained spiced water 1 cup corn syrup and 2 teaspoonfuls vinegar. Cook until it spins a thread. To prepare ginger syrup, add a few pieces of dried ginger root, which can be purchased from a grocery or a drug store, to the syrup in which the fruit is cooked.
5. Allow to cook until transparent.
6. Drain.
7. Dry in slow oven; finish drying over kitchen range.
8. Roll in minimum amount of granulated sugar. (May be omitted for fruits.)

Sugar-Saving Canning

Jams and Butters

1. Cook the prepared fruits with enough water to prevent sticking.
2. Stir to keep from burning.
3. Cook gently until the mass begins to thicken.
4. Use less sugar than is called for in the recipes and cook longer. Very satisfactory results can be obtained by the use of sugar substitutes, corn syrups, honey, etc. The addition also of small amounts of mixed ground spices, vinegar, or crystallized ginger improves the flavor.
5. Continue cooking until the desired consistency is reached.
6. Pour into hot glasses or jars.
7. Put on sterilized covers.
8. Place in steamer for fifteen minutes. This will avoid the necessity of using paraffin.
9. Remove carefully; set aside to cool; store.

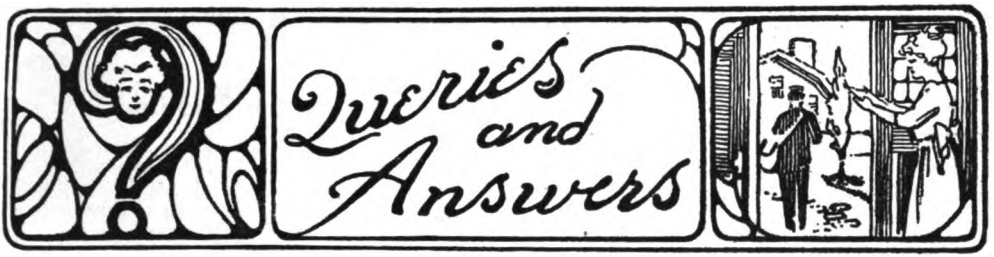
Cook longer for jam than fruit butter.

* * *

Made in America

"Made in America" will be a slogan and purchasing guide most faithfully followed in this country after the War. Whether it is a paper of pins, pen knife, silk hat or carton of sugar, the purchaser will look for the copyrighted trade-mark or brand for identification. Label, sealed carton, stamp or plate, or whatever may be appropriately used to carry evidence of origination, will be used wherever possible.

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THIS department is for the benefit and free use of our subscribers. Questions relating to recipes and those pertaining to culinary science and domestic economics in general, will be cheerfully answered by the editor. Communications for this department must reach us before the first of the month preceding that in which the answers are expected to appear. In letters requesting answers by mail, please enclose address and stamped envelope. For menus, remit $1.00. Address queries to Janet M. Hill, Editor. AMERICAN COOKERY, 221 Columbus Ave., Boston, Mass.

QUERY No. 3979. — "Recipe for Salisbury Steak given in December, 1916."

Salisbury Steak

FOR this steak choicer meat than that used in Hamburg steak is desirable. In hotels where many filets of beef (beef tenderloins) are cut into steaks or trimmed for roasting, the ends and trimmings are used for Salisbury steak. For home use the choicest cuts from the top of the round are more commonly used. The meat should be chopped exceedingly fine, or, better still, the pulp be scraped from the fibers, first on one side and then on the other. For each pound of prepared meat take one-quarter pound of beef marrow; crush the marrow and mix it evenly through the meat, then for each pound of prepared beef mix in very gradually half a cup of cold water. Press into shape; cakes are most easily handled; do not press together too compactly, and keep the edge as thick as the center, that the edge may not become overcooked while the center is not cooked enough. Broil over coals or in gas oven, or pan-broil in an exceedingly hot frying pan. Let the meat cook on one side till a drop of meat juice appears on the top, then turn at once to cook the other side. Serve with broiled bacon and French fried potatoes.

QUERY No. 3980. — "We live in the country and cannot get Compressed Yeast. We have been using dry yeast, but would be glad to know of yeast that could be used in its place."

Potato Yeast

4 or 5 medium potatoes
2 quarts boiling water
¼ cup salt
¼ cup sugar
2 cups yeast or 1 cake compressed yeast with ½ cup water

Pare and grate the potatoes, stirring them as grated into the boiling water; let cook about ten minutes after all the potato is stirred into the water; stir in the salt and sugar and let cool to about 68° F., then stir in the yeast. Let stand in a temperature of about 68° F. twenty-four hours, stirring down as the mixture becomes light and frothy. Store in fruit jars closed securely with rubber ring and clamps. Preferably store in each jar the quantity needed for one baking. Half a cup of this yeast is sufficient for use with two cups of liquid or for two loaves of bread.

QUERY No. 3981. — "Recipes for 'Gnocchi à la Romaine,' 'Fricassée of Fowl with Savory Rice,' 'Rice and Corn Meal Griddle Cakes,' 'Peanut Butter Cookies,' 'Cottage Pudding' (substitute flour), 'Hominy Crisps.'"

Gnocchi à la Romaine

Measure out two cups of milk, three tablespoonfuls of corn meal and four tablespoonfuls of cornstarch. To the corn meal and the cornstarch add half a teaspoonful, each, of salt and paprika and enough of the milk to mix the whole to a smooth consistency. Scald the rest of the milk in a double boiler, then stir in the other ingredients. Continue to

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stir until the mixture thickens a little, then cover and let cook half an hour, stirring occasionally. Longer cooking will do no harm. Beat two tablespoonfuls of butter to a cream; gradually beat in the beaten yolks of two eggs and beat into the hot mixture. Beat in half a cup or more of grated cheese. Cover and let cook until the cheese melts and the mixture puffs a little, then spread in a buttered dish to make a layer half an inch thick. When cold, cut in squares or rounds and set in a buttered baking dish suitable for the table; sprinkle with grated cheese, then set other squares or rounds above and sprinkle these with grated cheese. Set into a hot oven to melt the cheese and make the whole very hot. Serve in the baking dish. Do not overheat or the "shapes" will be spoiled.

Fricassee of Fowl, Savory Rice

(See Seasonable Recipes, page 193.)

Corn Meal and Rice Griddle-cakes

Sift together half a cup, each, of corn meal and barley flour, two teaspoonfuls of baking powder and one teaspoonful of salt; add one cup of boiled rice (grains distinct) and the beaten yolks of two eggs mixed with one cup of milk; add the whites of the eggs beaten very light, at the last. Bake at once on a hot, well-greased griddle.

Peanut Butter Cookies

- ½ cup peanut butter
- 2 tablespoonfuls butter substitute
- ½ cup granulated sugar
- ½ cup corn or maple syrup
- ½ teaspoonful salt
- 1 egg beaten light
- ½ cup milk
- 1 cup rye or barley flour
- 1 cup wheat flour
- 4 teaspoonfuls baking powder

Cream the shortening; beat in the sugar, syrup and salt; add the egg and milk, then the flour and baking powder and mix to a dough; more flour may be required. Take part at a time on a floured board; knead slightly, roll into a sheet and cut into rounds; bake in a quick oven.

Cottage Pudding

- 3½ tablespoonfuls shortening
- ½ cup sugar
- 2 egg-yolks
- ½ cup milk
- 1 cup barley flour
- 2-3 cups rice flour
- 2½ teaspoonfuls baking powder
- 2 egg-whites

Cream the shortening; beat in the sugar (half sugar and half syrup may be used) and egg-yolks; add the milk, alternately, with the flour and baking powder, sifted together, and, lastly, the egg-whites. Bake in a sheet about twenty-five minutes. Serve hot, cut in squares, with any pudding sauce.

QUERY No. 3982. — "To what Degree on the sugar thermometer is Fruit Juice and Sugar boiled for Jelly?"

Degree on Thermometer in Jelly Making

A sugar thermometer is useful when an amateur makes jelly. Usually the mixture is ready to pour into glasses, when the thermometer registers 218° F., but we have seen both jelly and marmalade too firm, and also too thin, when boiled to that degree. The dropping of the mixture from the spoon in beads is an indication that the proper point is reached, and might be used in connection with the thermometer. Jellies thicken on cooling. If too thin cover with a pane of window glass and let stand in a sunny window a day or two. To be at its best jelly should just hold its shape, but no more.

QUERY No. 3983. — "Give a Diet for a man who has lost flesh from business troubles and worry.

Diet for Loss of Flesh Through Worry

The age and general occupation (sedentary or active) of the one for whom the diet is intended should have been given. Still, under any conditions, care should be taken to make all food attractive in

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HAM CROQUETTES THAT ARE DIFFERENT



TO realize how dainty and delicious ham croquettes can be use Crisco in their making and their frying as this conservation recipe directs. They are light and tender and of an unusually fine flavor. Just now when American housewives are asked to save beef, this is a most appetizing way to use odds and ends of ham and vary your menu.

Crisco is a cooking fat that gives good results in all frying. It is wholly vegetable, the solid cream of sweet, rich, edible oil. Without taste or odor, it enables you to bring out all the real food flavors. There cannot be a greasy taste to foods fried in Crisco.

CRISCO
For Frying-For Shortening For Cake Making

Crisco is the most economical fat to use for frying, because there is little absorption and therefore very little waste. Then you can take the fat left over from your ham croquettes and use it for frying eggs or potatoes or even as a shortening, for Crisco absorbs no flavors. Simply strain it.

Crisco comes to you in air-tight, sanitary packages, one pound and upward, net weight, and it costs about the same as fats sold in bulk, not safe-guarded.

Ham Croquettes

This Recipe is Tested and Approved by Good Housekeeping Institute, Mildred Maddocks, Director.

¼ cupful Crisco
6 tablespoonfuls corn flour
½ teaspoonful salt
½ teaspoonful paprika
1½ cupfuls rich milk
1 cupful boiled rice
1 cupful chopped ham
1 egg, beaten light

(Use accurate **level** measurements)

To make the white sauce, melt the Crisco, add the flour and seasoning, and cook till bubbling; add the milk gradually, stirring constantly, and cook until the mixture thickens; then stir in the beaten egg. To this sauce add the rice and ham (cooked). Mix thoroughly and turn on a dish to become cold. Form into balls, cones or cylinder shapes, roll in dry, sifted bread crumbs. Fry in deep Crisco. Serve with peas, stewed tomatoes, or tomato salad.



You Need "War Time Recipes"

Janet McKenzie Hill has rendered valuable service in dedicating this new book to the American Woman. It is a timely volume of household information, illustrated in colors. The founder of the Boston Cooking School tells how to use successfully all the flours substituted for wheat. She gives over 300 recipes for economical and appetizing war foods. Published to sell for 25 cents, we will send you a copy for 10 cents in stamps. Address Department A-10, The Procter & Gamble Company, Cincinnati, Ohio.

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appearance; it should be cooked with great care, that all nutritive properties be retained. Business matters should not be discussed at the table; without any apparent effort the conversation should be made bright, even gay; an air of cheerfulness should permeate the atmosphere at meal times. Food easily assimilated, and, in general, favorite dishes should be selected. Cream, butter, salad dressings, sweets and starchy foods occasion the taking on of flesh, but the main thing is to eat enough and enjoy the eating. There is no reason why conservation of certain foods should interfere with one's appetite, or result in an unattractive table. Honey, maple syrup, figs and dates may be so used as to provide abundant sweet dishes for even an epicure, and the dark flours will never in the future be relegated to the place they held before their good qualities were known. Eggs, fish and cheese are just as nourishing and valuable now as five years ago.

QUERY No. 3984. — "Recipe for Ginger Snaps and Oatmeal or other Cookies made without sugar, or with very little sugar and no wheat flour."

Conservation Ginger Snaps

- 1 cup shortening
- 1 cup molasses
- ½ cup corn or maple syrup
- ½ cup sugar
- 1 egg, beaten light
- 1½ cups cornflour
- 1 tablespoonful ginger
- ½ teaspoonful salt
- 1 teaspoonful soda
- Oat, rye or barley flour as needed

Boil the shortening, molasses, syrup and sugar over a quick fire about seven minutes; let cool a little, then add the egg, corn flour (or rice flour), sifted again with the ginger, salt and soda, and as much more flour as is required. Knead slightly, roll into a thin sheet and cut into rounds; bake in a moderate oven. These are crisp, light and good-tasting ginger snaps. Probably, as the sugar is melted before the flour is added, the cakes would be just as light if syrup replaced the half cup of sugar.

Sugarless Oatmeal Cookies

- ½ cup shortening
- ½ cup honey or ½ cup maple syrup
- ½ cup raisins, seeded and cut fine
- 1 egg
- 2 tablespoonfuls sweet milk
- 1 cup oatmeal or flour
- 1 cup wheat or barley flour
- 1 teaspoonful baking powder
- ½ teaspoonful cinnamon

Cream the shortening, beat in the honey or syrup, then the raisins and the other ingredients. The dough should be quite thick. Drop from a spoon on a well-greased tin in smooth rounds. Bake about fifteen minutes. Use half a teaspoonful of salt if the shortening be unsalted.

QUERY No. 3985. — "Recipe for Cake Frosting made without sugar."

Cake Frosting Without Sugar (Maple Syrup)

Put two-thirds a cup of maple syrup and the white of one egg into the upper part of a double boiler. Wait until the water in the lower part is boiling rapidly; set the syrup and egg in place; beat and cook continuously, with water boiling rapidly eight minutes. Remove from the fire, and beat until cool enough to use.

Honey Frosting

Same as Maple Syrup but use one tablespoonful less of honey.

Corn Syrup Frosting

Same as Maple Frosting; finish with from one-fourth to one-half pound of chopped dates or figs, and half a teaspoonful of vanilla extract. These frostings do not crust over as quickly as a frosting made with sugar.

QUERY No. 3986. — "Recipes for use of Cream of Maize."

Cream of Maize Muffins

- 1½ cups cream of maize
- 1 cup oat flour
- ½ cup rye flour
- 6 teaspoonfuls baking powder
- ½ teaspoonful salt
- 1 egg, beaten light
- 2 tablespoonfuls corn syrup
- 2 tablespoonfuls melted shortening
- 1½ cups milk

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Buy Foods

By Calories—Not By Pounds

Compare food cost by calories, and you'll use more Quaker Oats. The calory is the energy unit used by governments to measure food.

On this basis, at prices current at this writing

Meats Average 8 Times as Much.
Eggs, Fish and Fowl
Cost 8 to 10 Times Quaker Oats

That is, for the same calory value. Yet these are all major foods.

Pound for pound, Quaker Oats has twice the calories of round steak. Every cupful contains 280 calories—as much as four eggs.

Every dollar you spend for Quaker Oats saves at least $7 if used to displace meat, measured by the calory basis.

You have known the oat as the marvel food, well balanced, rich in minerals. But its wealth of nutriment makes it also the money-saving food.

Make Quaker Oats your breakfast. Mix it also with your flour foods. Use it to save money, to save wheat and meat, to add flavor and nutrition.

It is one of the greatest foods you have.

Quaker Oats

The Best One-Third of Oats

We used just the queen grains—big, rich and flavory—in making Quaker Oats.

We get but ten pounds from a bushel.

Thus you get oat flavor at its best. You get it without extra price. All oat foods are made doubly inviting when you use this premier grade.

12 to 13c and 30 to 32c Per Package

Except in Far West and South

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Put the maize into a bowl, sift in the other dry ingredients, add the liquid and mix thoroughly. Bake in a hot, well-greased, iron muffin pan, about twenty-five minutes. This makes 18 muffins.

Cream of Maize Muffins

1 cup cream of maize
1 cup rye or barley flour
4 teaspoonfuls baking powder
½ teaspoonful salt
1 egg, beaten light
1 tablespoonful corn syrup
¾ cup milk (about)
1½ tablespoonfuls shortening

Mix and bake as above. The recipe makes 12 muffins.

Cream of Maize Griddle Cakes

1 cup cream of maize
¼ cup corn flour
½ cup rye or barley flour
½ teaspoonful soda
1 teaspoonful baking powder
½ teaspoonful salt
1 egg beaten very light
1 cup sour cream or 1 cup whey and 2 tablespoonful melted shortening

Put the maize in a bowl, put the flour, soda, salt and baking powder into a sieve together and sift them over the maize. When ready to bake, add the liquid ingredients and mix thoroughly. Bake on a hot, well-greased griddle.

QUERY No. 3987. — "Recipe for Apple Marmalade made with but little sugar."

Apple Marmalade

Quarter the apples and remove imperfections, but retain sound cores and skin; add a very little boiling water, just enough to avoid burning, cover and cook over a quick fire, stirring occasionally, until soft. Press the pulp (with a wooden pestle) through a sieve. To each pound of pulp (pint) add from half to three-fourths a pound of sweetening, the thin yellow rind, and the juice of half a lemon. Let cook until the mixture beads from the spoon. Do not boil too long, as the marmalade thickens considerably on cooling. Of three and one-half pounds of apple pulp very fine marmalade was recently made, using one pound of sugar and one-half pound, each, of honey and corn syrup.

English Munition Workers Produce Food

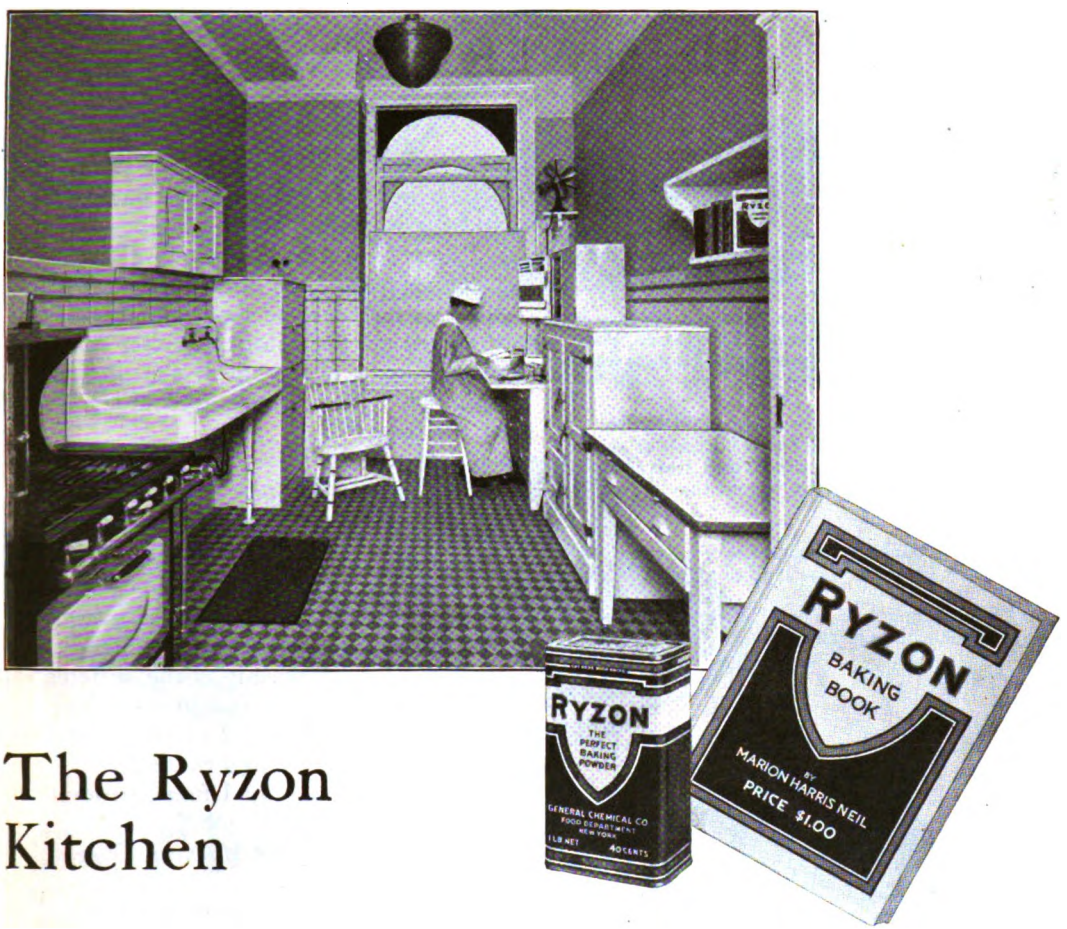
One of the great munition works in the Midlands of England has achieved remarkable success in the cultivation of the waste land surrounding the factory buildings and sheds. This land, which previous to the war would have been neglected as waste, and unsightly with refuse heaps, by means of an intensive system of cultivation, is producing great quantities of potatoes, and all kinds of vegetables, which fully supply the requirements of thousands of work-people. This season pig and poultry rearing and breeding have widened the scope of the scheme, and immensely added to its food-producing value. One hundred acres are under cultivation, and it is expected that the factory will be entirely self-supporting as regards vegetables. As the employees number about 12,000 people a great saving of foodstuffs is secured.

Selling Eggs by the Pound

For several years the plan of selling eggs by the pound instead of by the dozen has been agitated among the Canadian grocers, and in some towns the system has already been put in practice. A trade journal, which called upon a large number of dealers for an expression of opinion of this point, states that the weight of opinion was in favor of the movement. The only obstacle in the way of a unanimous indorsement of the plan is that the "public has not been educated to buy in this way." As refuting this objection, it is pointed out that in view of the wide variation in the size of eggs, the consumer would quickly realize that the system offers a fair and just basis of charge.

Mr. Hoover warns that the people are eating too much bread and not enough vegetables. This is a good time to remember that man cannot, or at least should not, live by bread alone.

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The Ryzon Kitchen

THIS is where the Ryzon Service Staff develops new recipes and revises others to meet today's requirements.

Experiments have been made with Corn, Barley, Oats, Rice and Potatoes and successful recipes for delicious breads, cakes and pastries have resulted.

These recipes have been approved by the United States Food Administration and a copy of "Ryzon Conservation Recipes" will be mailed you without charge, upon request.

Ryzon is 40c a pound. The new Ryzon Baking Book (original price $1.00) containing 250 practical recipes, many of conservation value, and others easily adapted to present day needs, will be mailed postpaid upon receipt of 30c in stamps or coin, except in Canada. A pound tin of Ryzon and a copy of the Ryzon Baking Book will be sent free, postpaid, to any domestic science teacher who writes us on school stationery, giving official position.

GENERAL CHEMICAL CO.
FOOD DEPARTMENT
NEW YORK

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THE SILVER LINING

Gooless Days

Mother went to the baker's to get us some food,
She bought five éclairs 'cause he said they were good;
But the baker had feared he might go to the wall,
And in those éclairs he'd put no "goo" at all.

When father had bit one, he shook his gray head,
"There are better desserts I have tasted," he said.
"The outside is tough and the inside is small,
And in the inside there is no 'goo' at all."

Crustacia, my sister — a fair maid is she,
Who has a sweet tooth that is sweet as can be,
Just spat out her mouthful and started to bawl,
Said she *hated* éclairs when they'd no 'goo' at all.

Then up spake my brother, a bright lad is he,
And he loves his dear land of the brave and the free.
"Shame on you! When Hoover has issued a call
That chocolate éclairs shall have no 'goo' at all."

Herman Ellis Nichols.



Active Little Folks

need the comfortable security given by

Velvet Grip

OBLONG RUBBER BUTTON

HOSE SUPPORTER

Sold Everywhere

Child's sample pair (give age) 20c. postpaid. For Infants—"The Baby Midget Velvet Grip Hose Supporter," Silk 15c; Lisle 10c.

GEORGE FROST CO. - Makers - Boston

A Story of the Front

The hobo knocked at the back door, and the woman of the house appeared.

"Lady, I was at the front —"

"Poor man!" she interrupted. "Wait till I give you some food, and then you shall tell me your story." After she had given him a hearty meal she anxiously inquired, "What brave deed did you do at the front?"

"I knocked," he replied, meekly, "but couldn't make nobody hear, so I came around to the back." — *Harper's.*

"Can you tell me," said the court, addressing Enrico Ufuzzi, under examination at Union Hill, N. J., as to his qualifications for citizenship, "the difference between the powers and prerogatives of the King of England and those of the President of the United States?"

"Yezzir," spoke up Ufuzzi, promptly. "King, he got steady job."

— *New York Morning Telegraph.*

An example of how they maintain the censorship inviolate, so that no one may know what must be kept secret, is given by the New York *Sun*, which quotes an unnamed New York paper. "Yesterday a large transport arrived at a certain Atlantic port. As the boat proceeded up the harbor a war-weary veteran leaning over the rail exclaimed, 'Gee! but the Statue of Liberty never looked so good to me!'"

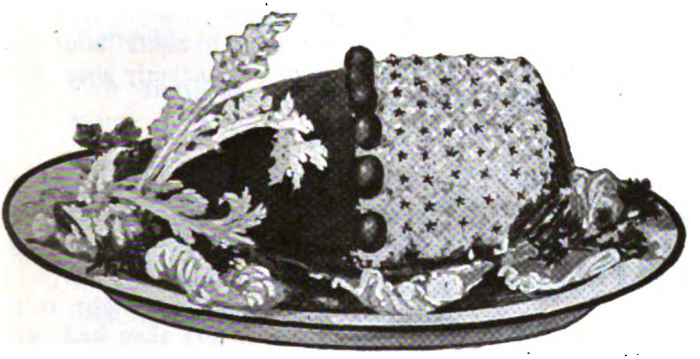
A Western man tells of a weather-beaten woman, somewhat over six feet in height, with shoulders proportionately broad, who appeared at a house in his town and asked for light housework, explaining that she was convalescing from typhoid fever. "Where did you come from, and where have you been?" she was asked.

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Morrell's

"Since 1827"

Table Delicacies



"Iowa's Pride" Ham

ESTABLISHED more than 90 years ago, the house of John Morrell & Co. has developed formulas for curing and recipes for preparing their many table treats that have made them unsurpassed for deliciousness of flavor and excellence of quality.

Send your name and your dealer's name and address now for a free copy of Morrell's "Iowa's Pride" Ham and Bacon Recipe Book, a masterpiece, written by Mrs. Ida C. Bailey Allen. It contains 111 ways of serving these food delights and making them go further.

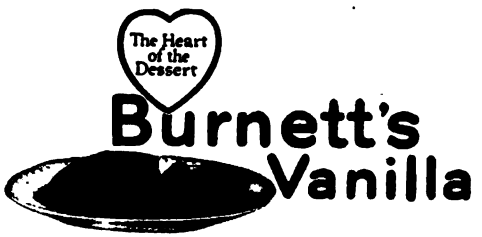
JOHN MORRELL & CO.
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Delicious— and Thrifty, too

MANY simple, wholesome puddings and cakes can be as delicious as in more extravagant days—if the flavor is wisely chosen and wisely used.

The rich, appetizing delicacy of Burnett's Vanilla lends a charm to desserts which makes them seem like old times. Do not risk spoiling precious materials by trying to save a fraction of a cent on the flavor you use—that is not thrift. But the use of Burnett's Vanilla is.



VANILLA NESNAH
(Made in a Jiffy)

Serve Vanilla Nesnah with your cereal. It may be made in the cereal saucers the night before or about a half hour before breakfast, place cereal, cooked or uncooked, on top and await the verdict of the family. Moreover, no sugar is needed when Nesnah is eaten with cereal.

Six Pure Natural Flavors

Vanilla	**Orange**	**Raspberry**
Almond	**Lemon**	**Chocolate**

A postcard will bring you samples and a cook booklet.

Write to

Chr. Hansen's Laboratory, Inc.
THE JUNKET FOLKS
Box 2570 **Little Falls, N. Y.**

"I've been out on a ranch in Wyoming," she explained, "diggin' postholes while I was gettin' my strength back." — *Harper's Magazine.*

The Cure for Care

"Why is it, Sam, that one never hears of a darky committing suicide?" inquired the Northerner.

"Well, you see, it's disaway, boss: When a white pusson has any trouble he sets down an' gets to studyin' 'bout it an' a-worryin'. Then firs' thing you know he's done killed hisse'f. But when a nigger sets down to think 'bout *his* troubles, why, he jes' nacherly goes to sleep!" — *Life.*

A sergeant was trying to drill a lot of raw recruits, and after working hard for three hours he thought they seemed to be getting into some sort of shape, so decided to test them. "Right turn!" he cried. Then, before they had ceased to move, came another order, "Left turn!" One man left the ranks and started off toward the barracks-room. "Here, you!" yelled the angry sergeant. "Where are you going?"

"I've had enough," replied the recruit in a disgusted tone. "You don't know your own mind for two minutes runnin'!" — *Harper's Magazine.*

The youth seated himself in the dentist's chair. He wore a wonderful striped shirt, and a more wonderful checked suit, and had the vacant stare that goes with both. The dentist looked at his assistant. "I am afraid to give him gas," he said.

"Why?" asked the assistant.

"Well," said the dentist, "how can I tell when he's unconscious?"

Mother: "I don't like the looks of that little boy you were playing with on the street today. You musn't play with bad little boys, you know."

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The Wilson Domestic Science Department is at your service

WITH a large, modern experimental laboratory at its disposal, with first-hand knowledge of the food situation, with special facilities for research work, our Domestic Science Department is a valuable help to the Domestic Science Teacher or Extension Worker, as well as to every housewife in America.

Our facilities in this respect are gladly placed at your disposal.

Miss Eleanor Lee Wright, in charge of our Domestic Science Department, gives her personal attention to all communications and requests.

Under her direction we issue special weekly bulletins, special recipes, and other information of unusual interest. For the Domestic Science Teacher or Extension Worker we also provide slides and motion picture films illustrating the preparation of special recipes. These we take pleasure in lending on request.

"This mark WILSON & CO. your guarantee"

The Wilson Label Protects Your Table



Our Special Booklet

"Economy in the Buying and Preparation of Meats" is a complete textbook on this important subject. It illustrates the different cuts of beef, pork, mutton, etc., in their natural colors and really teaches how to select meats as well as how to cook them most economically. We will mail a copy to any address on receipt of 10 cents in stamps.

Use the coupon to secure any one or all of the five special pamphlets, which we send without charge.

Domestic Science Dept. 11, Wilson & Co.,
41st St. and Ashland Ave., Chicago

Send me the pamphlets marked with an X.

( ) **Six Wartime Recipes**—Half a dozen appetizing dishes that are inexpensive.

( ) **Economical Dinner Menus**—Five well-balanced, economical meals.

( ) **Lesson on Oleomargarine**—Valuable bulletin for domestic science teachers.

( ) **Common-sense Kitchen Efficency**—How to run the "office" of the home.

( ) **"It Protects Your Table"** — Something about our own big kitchen.

( ) I enclose 10c for "Economy in the Buying and Preparation of Meats."

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ENLIST FOR WAR SERVICE

WITH its twenty-three million homes, housekeeping is our country's biggest industry. To win the War, economy and efficiency in the home is an imperative necessity.

Your Country Is Calling You

To save food, save fuel and save all materials used in the home;

To organize your work so that you will have more time and strength for War Relief Work;

To make your home a safer, more healthful place to live in, to bring up children in;

To make your home more worth fighting for, more worth this awful sacrifice.

To meet this call fully — become a *trained expert* in your home management (or for outside service). Enlist NOW for home-service. Send for the "Profession of Home Making" to American School of Home Economics, 503 W. 69th St., Chicago.

IT SERVES YOUR HOME AND SAVES YOUR TIME THAT IS PRACTICAL ECONOMY



Large Broad Wide Table Top—
Removable Glass Service Tray—
Double Drawer—Double Handles
—Large Deep Undershelves—"Scientifically Silent".
Rubber Tired Swivel Wheels

A high grade piece of furniture surpassing anything yet attempted for GENERAL UTILITY, ease of action, and absolute noiselessness Write NOW for a Descriptive Pamphlet and Dealer's Name.

COMBINATION PRODUCTS CO. 110 Tower Bldg., Chicago, Ill.

SEVEN-CENT MEALS $1.50 per week per person: 42 meals with recipes and directions for preparing each. 10c or FREE for names of four friends interested in Domestic Science.

Am. School Home Economics, 503 W. 69th St., Chicago

True Economy calls for
Colburn's Spices
"A" Red Label Brand
The A Colburn Co., Philadelphia, USA

Son: "Oh, but he isn't a bad little boy, mamma. He's a good little boy. He's been to a reformatory twice, and they've let him out each time on account of good behavior." — *New York Globe.*

The hot retorts of refusal to the younger Mr. Rockefeller's proposal of a liberal and broad church that will eschew the bigotries and archaisms that now plague the sects reminds a reader of the following: An Atlanta address attacked bigotry. "But dear friends," concluded a bishop, "the best setback the bigot ever got was at the hands of old Cal Clay. Cal was asked one day by a missionary what denomination he belonged to, and the old fellow's reply was this: 'Bress ye, sah, dah's fo' roads leadin' f'om hyah ter town, — de long road, de hill road, de sho' road, and de swamp road, — but when Ah goes ter town wid er load er grain dey don't say ter me, 'Uncle Calhoun, which road did yo' come in by?' but "Cal, is yo' wheat good?' "

Willie: "What's a substitute, father?"

Crabshaw: "Anything that costs more than the real article." — *Life.*

"I never saw a woman so full of energy."

"Nor I. Why, merely correcting her mistakes keeps two men busy." — *Life.*

"The Germans may repent some day," said Uncle Ezra, "but ef they don't hurry up, that fatted calf'll be gittin' leaner and leaner."

"And what reward was Joseph given for saving the Egyptians from starvation?"

"Please, Miss, he was made food controller." — *Judge.*

A Sunday-school teacher in a Unitarian church remarked to her class that in the burial custom of the ancient Egyptians the people were buried in their æsophaguses!

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Cocoanut Shells Needed For Gas Masks

The carbon from charred cocoanut shells is the best absorbent of poisonous gases yet discovered. Hundreds of tons of cocoanut shells a day are needed by the Government for the manufacture of gas masks.

Only manufacturers of cocoanut products are permitted to receive importations of whole nuts and all the shells are turned over for the manufacture of gas masks.

The more cocoanut American housewives use, the more shells are turned over and hence the more gas masks can be produced.

The food value of cocoanut is just beginning to be appreciated. Pound for pound it is richer in nourishment than bread, eggs or steak.

Dromedary Cocoanut can be used in a number of ways to add food value, flavor and variety to timely conservation dishes.

Dromedary Cocoanut is the universal favorite because it is so delicious in corn muffins, waffles and griddle cakes, cookies, gelatines, rice and bread puddings and fruit desserts, and as sugarless frosting for coffee cakes and war cakes.

Dromedary Cocoanut is Economical

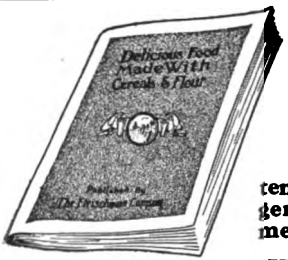
It is safe to buy Dromedary Cocoanut in large quantities because there is no waste. The cover of the "Ever-Sealed" package may be replaced, thus keeping the unused portion fresh, moist and full flavored.

Write today for our new book "Dromedary War-time Recipes" which gives many appetizing suggestions for patriotic housewives.

The HILLS BROTHERS Co.
Dept. G, 375 Washington St., New York

Add Dromedary Cocoanut to Your Favorite Recipe for Corn Muffins

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RECIPES

that conserve wheat, sugar and fats, yet provide tempting food and generous nourishment.

FREE ON REQUEST

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701 Washington Street, New York City

Cream Whipping Made Easy and Inexpensive

CREMO-VESCO

Whips Thin Cream
or Half Heavy Cream and Milk
or Top of the Milk Bottle

It whips up as easily as heavy cream and retains its stiffness.
Every caterer and housekeeper wants CREMO-VESCO.
Send for a bottle today.

Housekeeper's size, 1½oz., .30 prepaid
Caterer's size, 16oz., $1.00 "
(With full directions.)

CREMO-VESCO COMPANY
631 EAST 23rd ST., BROOKLYN, N. Y.



In a certain small western town the various denominations work side by side in complete harmony, arranging their services so as to conflict as little as possible. One evening a church bell was heard ringing vigorously. The family seated around the supper-table looked up in surprise. "What bell is that?" they asked. No one seemed to know, until at last one exclaimed: "Oh, I remember now! That is the Episcopal bell ringing for the Baptist revival that begins at the Presbyterian Church tonight!"

—*New York Evening Post.*

Lysander, a farm hand, was recounting his troubles to a neighbor. He said of the wife of the farmer who employed him: "This very morning she asked me, 'Lysander, do you know how many pancakes you have et this mornin'?' I said, 'No, ma'am. I ain't had no occasion to count 'em.' 'Well,' says she, 'that last one was the twenty-sixth.' And it made me so mad I jest got up from the table and went to work without my breakfast!"

— *Everybody's Magazine.*

A clergyman was grieved to find his services for men were poorly attended. He expressed his regret to the verger one evening, when, as usual, there were the only two at the meeting. "I really think they ought to come," he said sadly. "That's jest what I've zed to 'em over an' over again," said the verger, consolingly. "I sez to 'em: 'Look at me,' I sez; 'look at me. I goes to all them services,' I sez, 'an' wat 'arm does they do me?" — *The Presbyterian Advance.*

A youthful lawyer had a case in which he wished to make a hit, and to that end he looked up authorities that took him back to the days of Julius Cæsar. At the end of an hour and a half it was plain the judge was not appreciating the fine points of his arguments. "Your Honor," said he, pausing in his plea and turning to the bench, "I beg your pardon, but are you following me?" "I have so far," answered the judge, "but if I thought I could find my way back I would quit right here." — *Argonaut.*

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Not dry—but fresh-grated and canned in its own coconut milk.

—the Coconut milk keeps all the food value of coconut in this can

Fresh coconut is of course delicious. But it's also highly nutritious —more so than wheat, for instance. Let it help you gain variety on food-saving days — and let the rich coconut milk save part of your shortening too. Baker's Canned Coconut makes the use of fresh coconut so easy. It is fresh coconut ready-grated, and canned in its own delicious milk. There are many new coconut-ways in our pretty recipe booklet

Send a post card for your free copy. If your grocer hasn't Baker's Canned Coconut on hand, send us his name and 15¢ in stamps for a full-size can

THE FRANKLIN BAKER CO., PHILA., PA.
Manufacturers also of Baker's Shredded Coconut, in cartons

Here's a really nourishing salad—delicious:



Coconut Pepper Salad
Original and very nourishing

1 can Baker's Fresh-Grated Coconut
6 green peppers
6 tablespoons ripe olives, pitted
Salt—Paprika—Mayonnaise
Optional: 1 pkt. cream cheese (1-4 lb.) or cottage cheese.

Drain milk from coconut, as shown. Cut slice off tops of peppers, scoop out insides. Cut olives into small pieces and mix with 3-4 of the drained coconut and the cheese. Add seasoning. Fill pepper shells with mixture; 1 tablespoon mayonnaise on top of each. Serve on crisp lettuce; sprinkle remaining coconut over top, and a dash of paprika. Save the milk: rich enough for baking or cooking.

BAKER'S COCONUT

Canned — in its own milk — fresh

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FOOD AND THE WAR

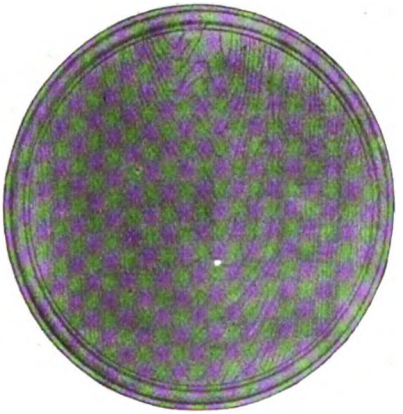
Prepared under the direction of the UNITED STATES FOOD ADMINISTRATION, with the co-operation of the Department of Agriculture and the Bureau of Education.

379 pp. Cloth binding. 80 cents postpaid

Part I of this volume gives in clear, compact form just the information in regard to the composition and functions of food, and the body fuel requirements which every woman should have in order to carry on, not only the work of food conservation, but of intelligent food preparation. Part II deals with the principles of cooking. For illustration a few typical receipts are included.

The book was prepared for use in study courses organized in response to Mr. Hoover's suggestions.

HOUGHTON MIFFLIN COMPANY
Boston - New York - Chicago



BREAD BOARD

Eleven-inch turned maple bread board. The edge of this board is undercut like a dinner plate making a finished and attractive article. Sent, prepaid, to any present subscriber for securing and sending us one (1) new yearly subscription for **American Cookery**. Cash price, 75 cents.

The Boston Cooking-School Magazine Co.
Boston, Mass.

WHEATLESS - MEATLESS MEALS

84 Menus, 124 Recipes, directions for preparing each meal, food values, substitutes, timely suggestions, etc. 10c or **FREE** for four names of friends interested in Domestic Science.
Am. School Home Economics, 503 W. 69th St., Chicago, Ill.

This happened in a village not far from Boston. A little girl about five years old was out in her yard when some workmen, whom she called her "friends," were going by. She asked them, "Where do you expect to go to when you die?" One of them answered, "I don't exactly know where I shall go." "Well," she answered, "you'd better know, for if you don't go to heaven you'll have to go to New York." C.

"I want to live in the country next summer," said the stranger. "That's a laudable ambition," replied Farmer Corntossel. "You see, I'm a painter. Can I get board with you?" "It depends, friend, on what you paint. If it's pictures, I don't see much chance of makin' room for you. But if it's fences an' roofs, we'll board you an' pay wages besides." — *Washington Star.*

"Waiter," said the indignant customer, "what does this mean? Yesterday I was served for the same price with a portion of chicken twice the size of this." "Yes, sir," answered the waiter. "Where did you sit?" "Over by the window." "Then that accounts for it. We always give people who sit by the windows large portions. It's an advertisement!" — *New York Evening Post.*

A reader of the London *Spectator* sends the following: Many years ago the following was on an alms-box in Milan Cathedral: "'To the Charitables. — The Brothers so-called of Mercy ask slender Arms for their Hospital. They harbour all kinds of diseases and have no respect of religion."

After-dinner Speaker: "Gentlemen, I have come prepared tonight to speak on the war."

Guest: "It's all right, old man. We've come prepared to listen to you." — *Life.*

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Pure Milk



Make a week's test of Carnation Milk

WHY NOT give Carnation Milk a good thorough test for *one week?* Learn how *satisfactory* it is for cooking, baking, in coffee, on cereals, for drinking, in fact for *every* milk need in your home. You will prefer Carnation Milk because it is safe, convenient and there is no waste.

Pure, Safe Milk

Carnation Milk is pure, sweet cows' milk, evaporated to the consistency of cream and sterilized to make it safe. It "stays sweet" until opened and several days thereafter.

Special Uses

Carnation Milk can be "whipped" like cream, for dainty desserts, etc.—chill it first, of course. Use it for coffee, tea and for making cocoa. Use it for creaming vegetables—it adds a delicious flavor. Order a dozen cans from your grocer today.

Many Advantages

Carnation Milk is always ready to use. Economical because there is no waste. Practical for every purpose. The week's trial will convince you of its many advantages over any other milk.

Free Recipe Book

Gives over 100 practical recipes for plain and fancy dishes—tells how it is received and handled to protect its purity. *Send for it today.*



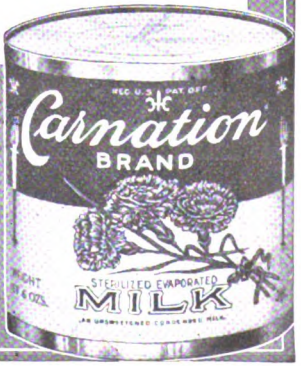
Baby Size Can

CARNATION MILK PRODUCTS CO. Chicago and Seattle, U. S. A.
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Carnation Milk

—From Contented Cows

The answer to the Pure Milk Question



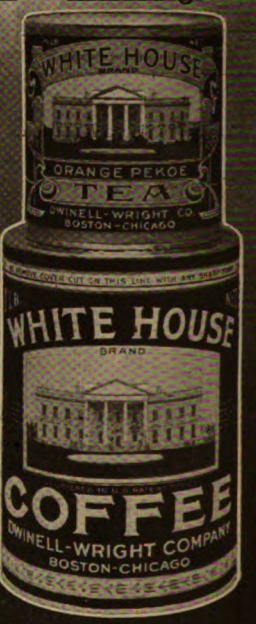
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"And a can of White House Coffee, please. No! I must have White House — nothing else will do."

No other coffee or tea so good or so economical at any price.

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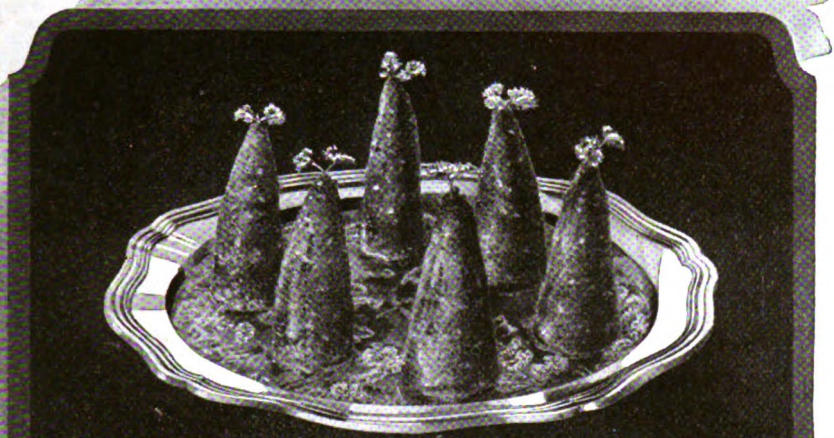
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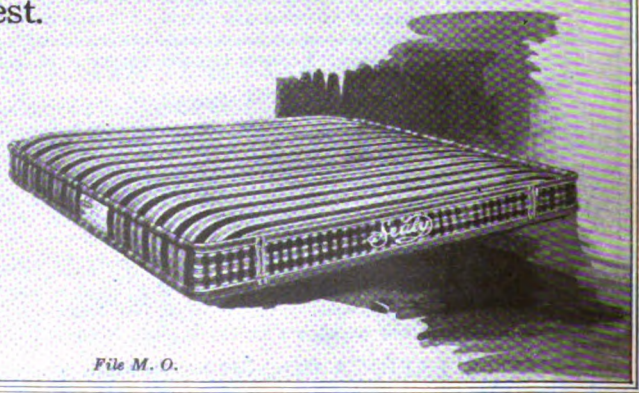
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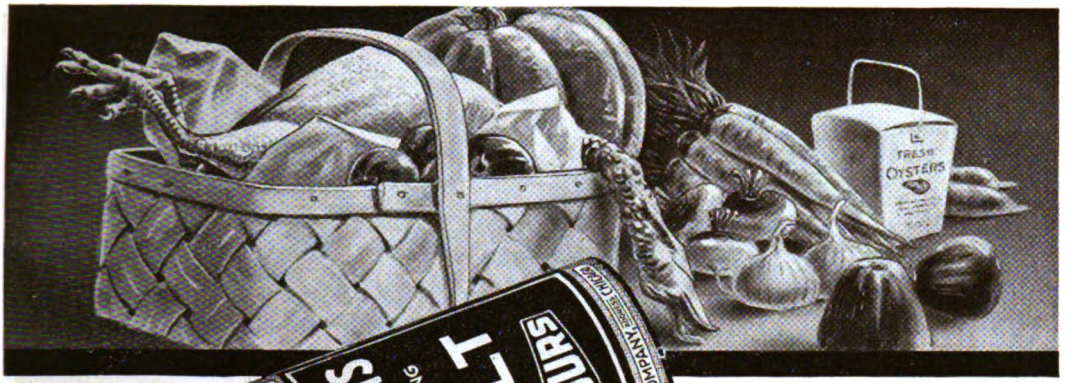
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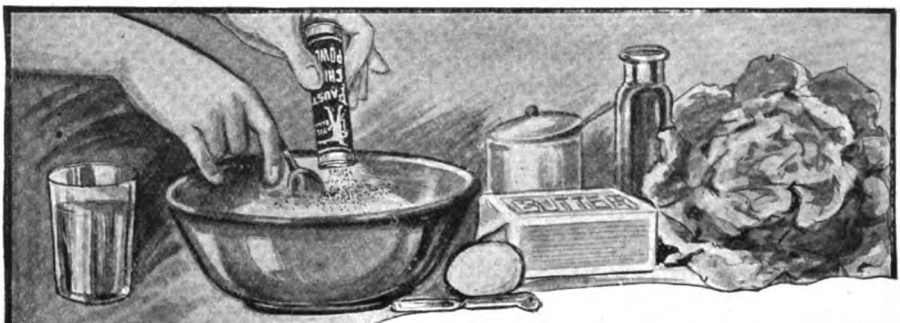
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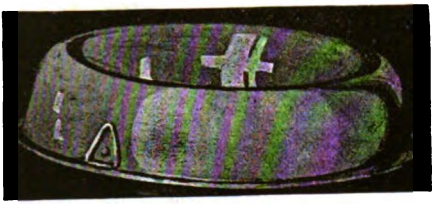
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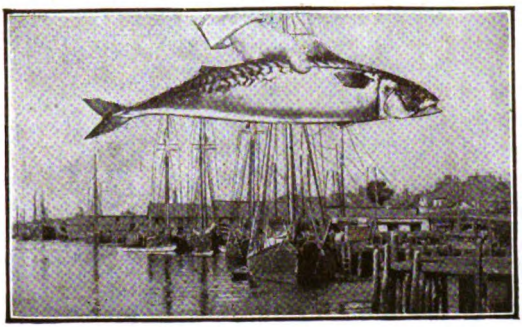
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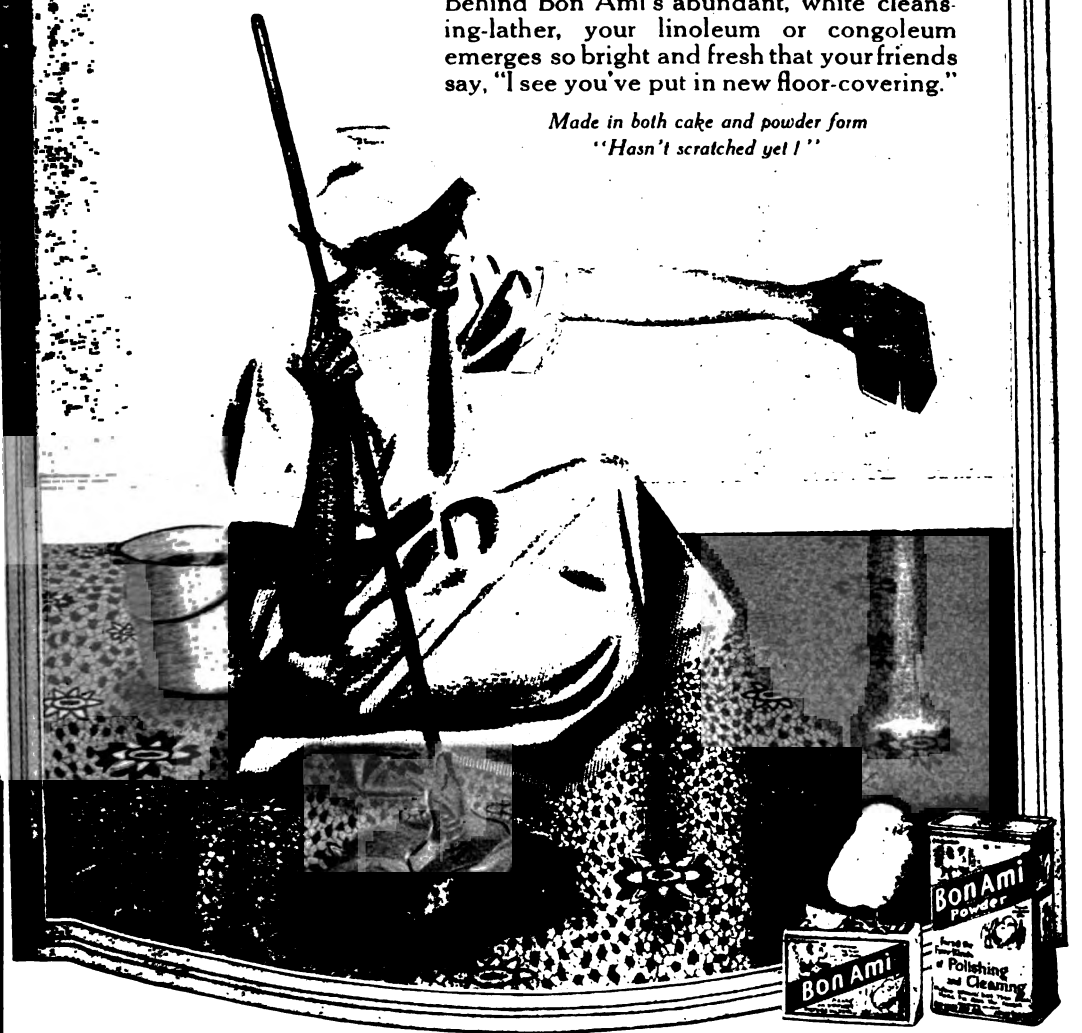
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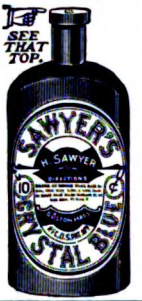
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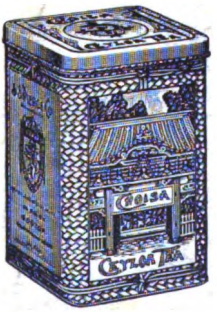


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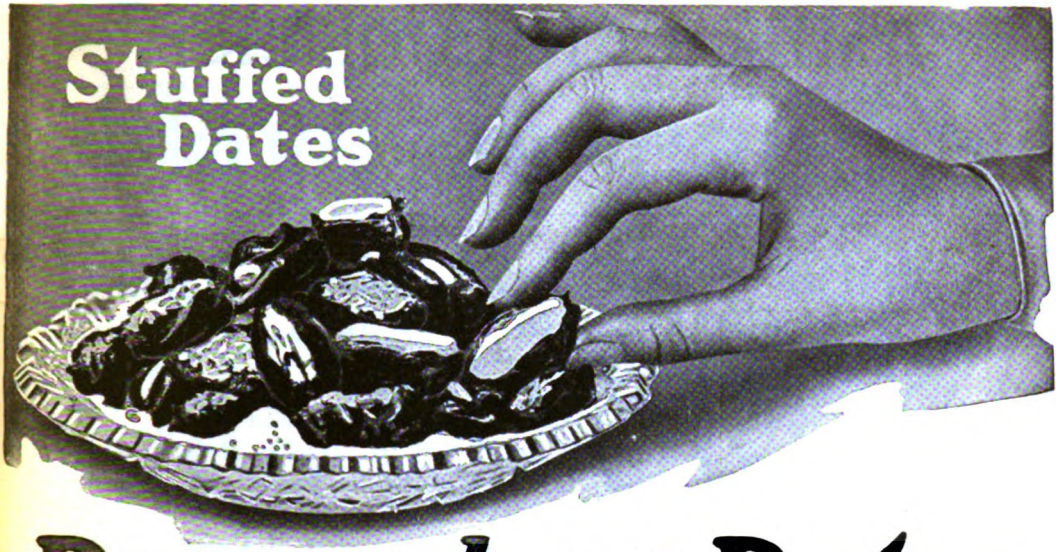




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AMERICAN COOKERY

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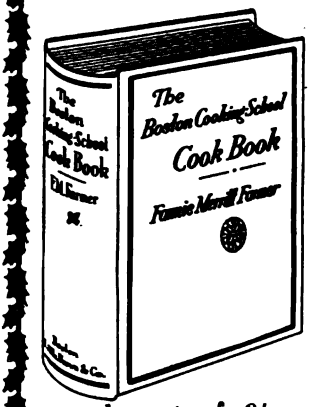
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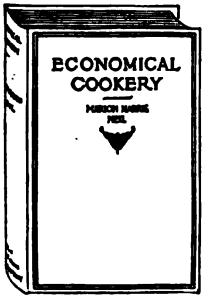
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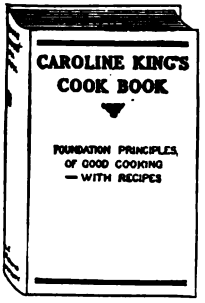
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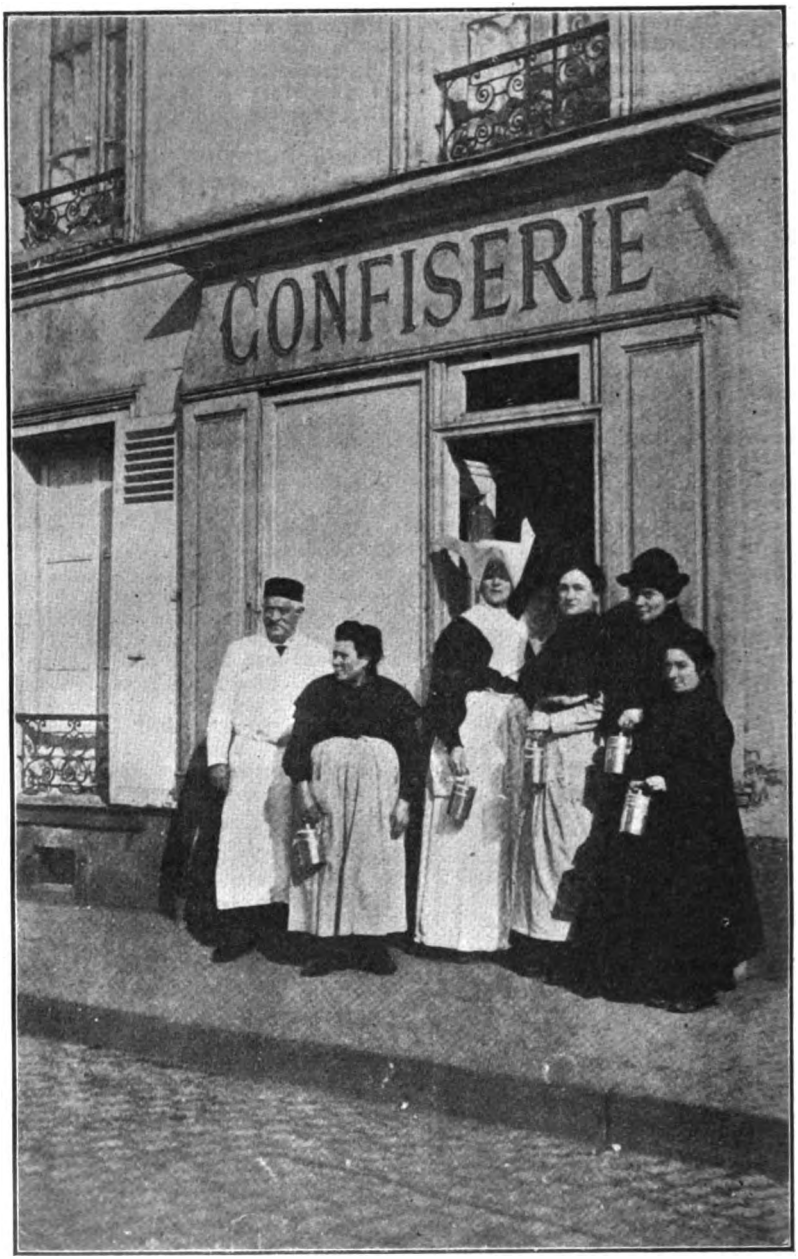
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American Cookery

VOL. XXIII NOVEMBER, 1918 No. 4

The Making of a War Bride

By Helen Forrest

"WELL, of all the crazy-mad things I ever heard of! My dear, I am devoured with curiosity! When I read it among the marriage notices of *The Times*, I thought it was a joke; when I read your note, I nearly fainted!"

"It's sober earnest," and the short-story writer faced the Editor of The Children's Page. "I realized that when I bid my Major goodbye three hours ago. But your surprise is quite justifiable. Fifteen years ago last June you and I graduated from Smith's, and behold me, at years of discretion, detached suddenly from my literary labors and joined to the ranks of the short-skirted, flapperish, romantic war brides."

"Your skirt *is* shorter," her friend grew sharply observant, "and, save us, a solitaire set in platinum beside the regulation wedding ring!"

"Oh, I picked up a gown or two before the wedding, and I helped the Major choose those rings at Tiffany's — rather a record, that, even for a war bride, an engagement and a wedding ring in the same day —" and the bride's eyes grew dreamily reminiscent.

"I'm sorry you weren't at the ceremony, but, you know, you were in Boston, and there wasn't much time."

"How long since you first met him?" the Editor of the Children's Page was struggling hard for light on this amazing marriage.

"Nineteen years," answered the writer of short stories, "in my Freshman year; he was in West Point; I was up there for a football game."

"And you have kept up ever since at long range?"

"Short range sometimes," smiled the Major's wife, "when his sailing orders came, everything seemed suddenly changed. He wanted a home feeling, somebody to come back to," and the bride wiped her eyes.

"Oh, an Interlude! Put it in a story!" exclaimed the Editor hurriedly, dismayed by her friend's tears; "the Major is on the briny deep, and you are back in your comfortable bachelor apartments. Let's go out for some lunch — then I recommend to you an afternoon of work on your new story. I saw the start as you left it on the typewriter, and it seemed to me distinctly hopeful."

The bride had opened a suit case and shaken out a blue charmeuse gown, and the memory of fragrant tobacco surprised the feminine atmosphere. A match box rattled sharply against the cover of her typewriter. It seemed to the Editor that a vigorous and alien personality dominated the familiar little room.

"Prepare yourself for a shock, my friend," said the Major's wife solemnly — her brown eyes grown black with her quick emotion; "this war bride of a week is done with bachelor apartments, with hotel dining rooms — yes, for the present, at least, with the writing of short stories."

Her friend gasped, but the steady voice went on. "I've accepted some things, Jane, my Jimmy's name, his bank account, and fortunate it is, when an army officer has a private income beside his pay. Best of all I've accepted my Major himself. Now be good and tell me something nice. What would a man admire in me?"

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"You?" exclaimed the Editor, "why, your cleverness, your smart look, your literary ability."

"Jane, Jane, bless you, but you're off the track; for none of those pleasing reasons attained I my present elevated position in military and domestic circles. Jane, Jimmy married me for what small claim to good looks are mine; but, don't laugh, first and foremost he chose me because he wanted a pleasing, home-loving, domestic wife. Mind you, he has never told me so, but it is my firm belief that for my cleverness, my ability as a writer (we thank you, Jane), he cares not at all."

The Editor subsided helplessly into a chair, "You poor thing, cast for an impossible role, and I had half envied you your luck!"

"Impossible, not so," the bride's cheeks flushed warmly, "domestic possibilities are latent in every woman, and, worse luck, I have some lonesome time for a try out. My soldier, bless him, is doing his bit, and this is mine, to realize his ideals, just as far as I can and transform Margaret Brown, writer, into Mrs. Jimmy, domestic character, before his return."

The Editor glanced critically around her friend's habitat — the little living room, with a few good pictures, its simple, severe furniture, its big desk and typewriter, was really a work shop. Here books, manuscripts, publishers' letters, neatly docketed, spoke of a laboriously attained business side, which had made of practical value a modest literary gift.

Only one suggestion of the new incarnation of the short-story writer was to be seen. On the foot of the narrow brass bedstead, in the sleeping room beyond, hung a pink chiffon negligee.

Gloomily, and with a sense of impending loss, the Editor pointed to the bit of frilly pink: "Take it with you, Margaret, and leave everything else when you go to your suburban home, it's the only provision that will fit your new scheme of life."

"Suburban, never, come out and help me find my up-town apartment. In an interval of my brief honeymoon I wrote to Cousin Mary Brown, who lives a hundred miles or so 'up state,' and who is the greatest homemaker that I ever knew. Dear soul! I'll give her a cheerful winter away from her bumptious daughter-in-law. Jimmy wanted me to have her to keep me company, but I'll sit at her feet, yes, and cook at her elbow, and knit out of her bag. She is an expert along my chosen line, the path of Jimmy's unexpressed, but evident ideals. My first thought was to learn from some domestic member of his family connection, but I was afraid to disclose the depths of ignorance from which I must rise. I can trust Cousin Mary."

Three weeks later, on an autumn afternoon, the Editor of the Children's Page, her head throbbing from a long and fruitless survey of a pile of hopefully submitted manuscripts, presented herself at the door of a big, sunny, up-town apartment. She held at arm's length her friend, the Major's wife, who opened the door. She must have time to grasp the situation.

The bride's hair proclaimed the touch of the professional waver of tresses; her soft white gown, and strictly unpractical shoes, breathed an "in-for-the-afternoon" condition. Beyond her stretched an unfamiliar setting, a large living room with big, lazy looking chairs, a wide couch with many pillows, a tea wagon with a silver equipment of obvious newness, with an accompanying well-stocked "curate." A wide center table littered comfortably with magazines and books, but graced by a soft-toned reading light, and a big spilly jar of roses. By the largest and deepest of the chairs was a strong little table holding pipes, tobacco and ash tray.

"Give me time! give me time!" exclaimed the Editor, "I am suddenly conscious of unshined shoes and inky fingers. Before I view this newly-wed place, let me see the inspiration for this miracle," and the visitor stepped in the direction of

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a photograph in a heavy silver frame.

"Strong of face and thin of hair, robber of my best friend," she apostrophized it, but the bride threatened her with the tea pot.

"Stop that and have some tea out of my latest wedding present. Do you know I'm being quite overwhelmed with gifts, in spite of a private ceremony in the chantry of St. James. I made these little cakes," this last with complacency unbounded.

The Editor turned savagely on her hostess: "Margaret, you sleek pussy cat, you frilly bride, you make me sick! Where are your ambitions? Have you written anything lately?"

The bride sat up very straight: "Oh, Jane, my poor, misguided friend! I have ambitions in plenty, and am working hard to realize them, but they lie along the line of home. As for writing, I have no time except for letters, and I do them long hand."

The Editor shook her head: "What do you do with your day?"

Full of enthusiasm the Major's lady set down her untasted cup of tea and clasped her newly-ringed hands.

"Why, first we get breakfast, Cousin Mary and I, no maids for me until 'the missus' learns enough to give orders intelligently; and as for breakfast, my good Jane, I looked on for a week at what a big, hungry man eats for his morning meal, and I'm cooking accordingly. Later on I mean to do some of it decoratively on the table, electric toaster and all that, but just now it's the kitchen species, double boiler, sauce pan and the rest that is being included in my course. The Major has an appetite, if you like; the toast, marmalade and coffee, with which you and I fed our literary ambitions of a morning, would serve only as an accompaniment to his matin meal. Jane, I'm cooking cereals, oatmeal, hominy and the like. I have attained muffins and corn bread, loftily I aspire to ham omelette, to corned beef hash.

"Our house being set in order, and where does all the dust come from? We lunch outside, wherever it happens, and how dear Cousin Mary enjoys her playtime, and so do I. Not since I came to this big, wonderful New York have I had time to enjoy it until now."

Shadows were gathering in the homelike room as they left their empty tea cups, and the bride led the way to the dining room. "I'm furnishing by degrees," she said, "but the dining room happened spontaneously by reason of our wedding presents."

She touched the drop light over the table and a golden glow filled the room like sunlight, shining on a cabinet of cut glass, the silver-laden sideboard and the polished dining table.

"I have my happiest hours just here," she declared, "for every night part, at least, of our supper is cooked in the chafing dish. My most reckless buying has been to dress up the table for such little suppers, and I almost see my Jimmy in the chair opposite me, beaming his approval of my efforts for his comfort. Stay for supper, *do*, it's creamed lobster in my chafing dish, hash browned potatoes, even now ready for the oven, and a nice, cool little salad of my own making to follow. I bought the French pastry," she added with honesty, "for though I mean to learn pie crust, my efforts aren't crowned with success."

Three months later the Editor, a duly invited dinner guest, sat at her friend's table facing Cousin Mary, the placid and capable instructor of domestic lore. A trim, white-capped maid served the dainty meal.

"You see," explained Margaret, when soup had been set before them and they were alone, "I have learned enough to give directions, or at least suggestions, hence, that capable creature in the kitchen, and in Cousin Mary behold my reference library. We are now rehearsing, having been assigned our roles in the domestic drama, and we are ready, any time, to have the curtain raised, when, 'Lo, the Conquering Hero comes'."

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Over their coffee, served in the Living Room, the Editor turned questioning eyes upon her former associate. "Margaret, I find you a strangely diverting study; your house, your gowns and your talk of harmonious furnishings and balanced menus. If your tailor-made, busy life with me was your choice, isn't this new and never-changing role likely to become wearing and tiresome?"

"Jane, dear," and the bride grasped her friend's hand, sadly endangering the coffee cup she was holding, "this isn't make believe, it is my real self; my literary labors were an answer to a vacuum of purpose and pocket book. Speaking as your chaperone, my friend, and not as your fellow writer, I strongly advise you to drop your pen and follow my example."

Six months after his wedding day, liberated from a base hospital for the comfortable period of convalescence, the Major stepped from a mundane taxi-cab into the realization of his dreams. Tall, brown and surprisingly thin, his eyes grown wise and sad with the sight of war, filled with a world of content, as he puffed a meditative pipe.

"What a place to get well in; a house of my own, and most of all, you, Margaret, the spirit of home."

Misfits

By (Mrs.) Hazel B. Stevens

"WELL, I'm fired!" Marjorie made the announcement to her room-mate defiantly, as she stalked into their tiny room and flounced down upon the bed with an elaborate — too elaborate — "don't care" yawn. "I've a good enough voice, the manager says, but no stage presence. I can see he's right: I'm as stiff and awkward, after six months, as I was that first awful day. And if I can't hold down a place, even in the chorus — Well, I'm through, that's all!" She swung one foot, kicking the bed post listlessly.

"Marje, look here." Marjorie's room-mate spoke in a low voice. She was sitting on a stool by the one window, and had kept her face half averted; but now she wheeled on her stool, and handed Marjorie a typewritten letter, which the other took and glanced at indifferently, then gave a smothered exclamation and read in frowning haste.

"Dearie Girl, that's tough! I'm sorry!" She got up quickly, went over and put her arms around her friend. "I never once thought that *your* job was in danger, Mildred. I'm *so* sorry!"

Mildred looked up at her with a peculiar expression, and answered, in a queer suppressed tone: "The strange part of it is that I'm *glad, glad, glad!* I *loathe* teaching, I knew I wasn't good at it, but I'd never have had the courage to quit, myself. And now —" she indicated the letter, and shrugged whimsically, but there was a radiance about her sensitive, small featured face, as she looked up, bright-eyed, at her friend.

"Why, you good old sport, you! I believe you *are* glad!" Marjorie stood off with elbows on hips and surveyed this new Mildred.

"Listen, Marjorie: the Principal said my training was good, and that I undoubtedly understood cooking. He was very kind. He praised the school cafeteria — you know how I've enjoyed doing that — and the little dinners I've given. But, my classes were unruly. I shudder when I think of that kitchen-full of hoodlum girls. And to think that I'll never again have to face thirty of them, at once."

"There *is* something in that," chuckled Marjorie. "Now you suggest it, little

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one, I can get *some* joy out of not having to face an ogre down front every night, that claps and rustles, and laughs at the wrong places!"

"Marjorie! You know how I've always loved to plan parties, church socials, and that sort of thing?"

"Sure, Girl, and you were always fine at it."

"Do you know a dream I've always had?"

"Why, no! Out with it."

"A little tea-room somewhere. A dainty little place where I could plan and manage everything. I *know* I could do it. I wouldn't be a misfit there."

"I believe you could, all right, dear." Marjorie regarded her friend for a moment in silence; then added wistfully, "I don't suppose there'd be a corner for me in it? Room for another misfit?"

"I've been thinking about that, ever since you came home. And there *would* be a place, if you'd like it. You're a home girl, dearie, as much as I am, in spite of the newly acquired chorus-girl slang. And we'll have a 'homey' kind of tea-room. I teach to the end of the term, you know, and in the meanwhile we can be planning, and you can be doing the running around."

"The money, Mildred?"

"We'll begin small. You remember I've been teaching and saving for three years; goodness knows I've 'sweat blood' for the money, but now ''twill do, 'twill serve'."

"I've an uncle that might lend, if we get in a tight place."

"Good! But I think we won't. Write and ask, though; it'll give us confidence."

The two months till the end of school were busy and happy ones for the prospective business women. Reports from Marjorie, animated discussions, and plans for Marjorie's next day were the features of each evening, in the little bedroom.

"I've found just the thing!" was Marjorie's greeting, as she met Mildred at the door one afternoon a week before the end of school. Don't take off your things, but come along. It's a ducky place!" and off they went, like happy school girls on a "lark."

A few days later it was Mildred's turn to burst in with enthusiastically bright cheeks: "I've told them all, and they're all going to help, teachers, and the superintendent, and the youngsters, too. They were *so* sweet about it. The high school girls were wild about the scheme, interested in every little detail; you know they entertain a lot. They've been dear to me all day. I couldn't believe they were the same girls I've been disliking so! Mr. Blackwell, that's the Principal, you know, says he shall come often."

Three weeks more found the tea-room ready for business. The "ducky" place was a little brown bungalow toward the end of a popular boulevard. It had pansies and nasturtiums blooming in front. Over the steps hung an unobtrusive sign in burnt wood, "The Hearth-Fire."

The door opened directly into a living room, the full width of the house, with a large brick fireplace opposite, rather dominating the room. French windows opened upon porches. Built-in bookcases were well filled. A few good pictures were on the walls; "Home Keeping Hearts Are Happiest" hung over the cheery fire. A grand piano stood in one corner. All had the air of quiet home cheer, and the few brown stained tables, holding low bowls of nasturtiums or pansies, did not disturb that air.

The girls had sent out simple announcements to people of a select list supplied them by their interested "backers." Early on the opening day automobiles began stopping, bringing, first, eager high school enthusiasts, with mother and father, or aunt, or an older friend. A most unprofessional-looking, home body, with quiet, well-poised manners and very pink cheeks, met them at the door, welcomed them to a table and gave them a choice between tea and coffee. With the tea or coffee, in fragile cups, were served tiny iced cakes in a brown basket. "Dee-

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licious!" murmured the first young enthusiast under her breath.

At a pause in the bright chatter of the guests, a pretty girl, in a simple empire dress and hair loosely gathered in an empire knot, took her place at the piano, began playing softly, and sang sweetly several songs, ballads and playful little things; then slipped as quietly away.

That the tea-room was to be a success was evident from the first. Soon they had to have more help, and in no time the tables overflowed to the porch, then to the lawn. But always the girls kept the same atmosphere of a quiet home-place, and served the same simple things. Extra tables were concealed somewhere in the rear and brought out only when needed; so you could go for an early morning spin, drop in for a bite, and have it cosily before the grate or in a secluded corner of the porch, quite as if you were honored and only guests.

During warm days, iced tea, iced coffee, and iced chocolate were served, and the last two soon became famous; sandwiches were added, for the benefit of hungry autoists. Flowers varied with the season, but were always of the simple garden variety. A large bunch of golden glow or sunflowers or barberry bush replaced the fire in the grate.

"The Hearth Fire" appealed especially to those who were tired of the conventional "ice-cream parlor," and were willing to pay well for dainty beauty in service and surroundings. Many of these people sought out the friendship of the girls who had created this delightful spot.

On an evening late that fall, the two sat in their own cozy, little sitting room of the bungalow, and "took stock" of their venture.

"Are we such misfits after all?" laughed Mildred, with pencil poised from totaling very satisfactory accounts.

A ring at the bell interrupted.

"Surely not a tea-drinker this time of night," said Marjorie, rising to answer. She came back bearing a florist's box, which she handed to Mildred, and watched her teasingly while she opened upon a wealth of pink roses, and glanced with heightened color at the card within.

"Mr. Blackwell has certainly developed an awful appetite for tea this summer!" teased Marjorie. "You're not a Misfit at 'The Hearth Fire,' but Someone evidently thinks you haven't found your absolutely *right* niche."

"And you?" Mildred glanced significantly at the picture of a handsome lieutenant on Marjorie's dressing table.

"It's been awfully good training for a permanent job!" murmured Marjorie softly.

The Fairy Dance

In the shade of a blossoming sloe bush,
As white as the winter's first snow,
I once saw a wee fiddler sitting
And scraping his bit of a bow.
And says he then, "The top av the morning,
Yer honor, and what do yiz say,
To shakin' yer fut to the music
Av the merry tune I'll play?"

Then he laughed like the wind when it's stirring
The shamrocks that grow on the hill,
And he lifted his little brown fiddle,
And the feet of me wouldn't be still.
So before you could think I was dancing,
And who should be dancing with me,
But the prettiest bit of a coleen,
That ever a mortal did see.

And so light was our feet at the dancing,
It seemed but a moment of play,
But we might have been at it, they tell me,
For the space of a year and a day.
And the wind that blows over the shamrocks,
Keeps whispering and calling to me
As soft as the voice of the coleen,
That never again may I see.
And woe is my heart for the coleen,
That never again may I see!

Christine Kerr Davis.

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Will Peace Banish High Cost of Living

By Robert H. Moulton

WILL the present high cost of living be abated after the war, or is it a situation that has come to stay? This question is being asked by every householder, every manufacturer, and every business man. A reassuring answer is given by the Federal Bureau of Foreign and Domestic Commerce, whose experts have conducted an investigation in Europe, in South America, and in this country.

According to the reports of these investigators, it may safely be predicted that the close of the war will witness a marked decline in the cost of such necessities as food and clothing, the latter including wool, cotton, silk and leather manufactures. But for some time to come there will be little or no drop in the prices of lumber and timber products, and of structural steel and cement.

It is fair to assume, say those who are best able to judge, that within a comparatively short time after peace has been declared, there will be a pronounced drop in the prices of such commodities as wheat, corn, barley and sugar. Large quantities of these staples are available in Argentine, Uruguay, Australia and Java. The supplies will probably be in fairly good condition at the close of the war, and will be available for consumption as soon as ships can be found to move them. With our present rate of ship construction maintained, there seems nothing to fear in that direction.

As to after-the-war prices of lumber and timber products, it is probable that there will be comparatively little or no decline for a period of two or three years. Since the outbreak of the war in Europe, our exports of lumber have been greatly restricted by lack of bottoms and by high ocean freight rates. Thus, even the ordinary lumber requirements of Europe have been imperfectly supplied during the last four years. To catch up with this deficiency, alone, will require great activity on the part of American lumber manufacturers, but there will be additional supply to make up. The demand for lumber for reconstruction purposes in France and Belgium will be tremendous. Moreover, the demand at home will probably be grater than it has been within the last year, as building operations have been greatly restricted since we entered the war.

The prices of other building materials, such as structural steel, sheet iron and cement, will probably rule high for a considerable period after the war. In the matter of iron and steel products, other than structural steel, there will be, in all probability, a gradual decline, during the period immediately following the war. Upon the declaration of peace, the United States Government and the allied powers, which are taking the greater part of the iron and steel production of the country, will be almost entirely out of the market, and very few new contracts will be made, on government account, for a number of months, except, perhaps, in the matter of ship plates, boilers, engines and other iron and steel necessary for ship construction.

As soon as government orders for iron and steel fall off, there will be a marked decline in the quotations for all such products. A part of the present product tion, however, will be absorbed by private interests, who have been out of the market for a number of months. While it is probable that there will be a considerable demand for iron and steel in South America and the Far East, yet, even if our manufacturers get all of this foreign business, it will hardly be sufficient to keep them working at the present rate of production.

As to the prices for electrical machin-

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ery, machine tools, engines, boilers and other machinery, there is reason to believe that the close of the war will see a slow and steady decline from the present level. The call for this class of machinery at present is extraordinary, because of the great demand, not only in naval and merchant ship construction and munition plants of all sorts, but also in practically all lines of industry, which are now being operated at top speed.

For machinery of this sort there will be, on the other hand, a great demand in France and Belgium, to rehabilitate the manufacturing industries of those countries; but, as some authorities have pointed out, the great quantities of machine tools and factory equipment, which the United States Government is installing in its war plants in France, can be used to very good advantage by the French industries after the war, and will help to fill a substantial portion of their requirements.

The prices of textiles and other fibres will, in the majority of cases, undoubtedly see a decline. The price of American cotton, it is fair to assume, will not decline greatly for a period of six or eight months after the war, since stocks on hand, in Great Britain, France, Italy and Spain, as well as Holland and the Scandinavian countries, are abnormally small, while those of the Central Powers must be practically exhausted.

Germany, in particular, will make strenuous efforts to acquire large supplies of cotton, in order to enable her great cotton textile industry to resume operations, on a large scale, at the earliest possible moment. There is some doubt, however, as to the extent to which Germany will be able to purchase raw cotton, since her purchasing power in foreign markets will doubtless be greatly curtailed by lack of credit.

The price of the better grades of wool will probably decline, as far as the American market is concerned, much more than the price of cotton, since this country imports large quantities of wool, on which, within the last two years, it has been paying extraordinary freight rates. Moreover, the demand for wool for the use of our army and navy will be practically nil, and the biggest buying factor will thereby be removed.

It is believed that Germany has already acquired large stocks of wool in the Argentine, which have been purchased, not only to provide material for German manufacturers after the war, but also to bid up the prices, which the allied governments must pay for the wool needed during the war. From information gathered by Mr. Jones, during his stay in Buenos Aires, it appears that the reckless competition of allied wool buyers, also, has had a marked effect in forcing up the price of wool. With the close of the war, this buying will, no doubt, proceed along more conservative lines.

With regard to the textile fabrics, the prospect is that there will be a considerable decline in prices within a comparatively short time after peace has been declared, with the release of thousands of looms that are now engaged in making uniform cloths, blankets, tents, etc., for the armies and navies of the warring nations. Then the competition of the textile industries of England and France will begin to be felt, and as soon as the mills of Germany get adequate supplies of raw materials, they will probably make strenuous efforts to export their goods to American markets. Our textile manufacturers will also find strenuous competition in the foreign markets, which they have been serving since August, 1914.

The elimination of the United States Government as a buyer of boots and shoes, saddles and other leather products must have an important effect on the prices of these commodities after the war.

It is unnecessary to specify in detail all the lines of commodities, but it is safe to assume that every line in which, not only the United States Government, but the governments of the other warring nations have been active buyers, will feel, within a comparatively short time, after the

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close of the war, the effect of the loss of this trade. In the opinion of experts, the loss of government business will offset any increase in purely civilian business, and will tend to reduce prices.

Probably the chief influence on present prices is the great demand of our government for the products of practically every important industry in the country. It is difficult to think of an important industry of whose products our government is not the largest purchaser. These demands of the government have been so urgent that there has been insufficient time to buy closely, and the result has been a great advance in prices, not only of the things which the government has bought for itself, but also, because of the restricted surplus available, in the prices of things available for the civilian population.

Present prices have been affected, to a large degree, also, by the withdrawal of more than 2,000,000 men from the productive industries of the country to fill the ranks of our fighting forces. In addition, there has been a great shifting of the remaining workers, who have been attracted from the lower-paying to the higher-paying industries. This has resulted in a bidding up of wages, which in many lines reached high levels.

At periods of great prosperity, during ordinary peace times, this country could count on a heavy influx of immigrants, from whose ranks could be recruited the great mass of unskilled labor, which forms a majority in the great army of industrial workers. In some of the more prosperous years, before the war, this country has received upwards of a million immigrants, but for the years 1915, 1916 and 1917 the average annual number of immigrants was only a little more than 300,000.

Present prices are affected, too, by the great curtailment of shipping tonnage as a result of ship sinkings by submarines and mines. Scores of valuable cargoes have gone down in these ships. Not only that, but the ships themselves have been sunk at a faster rate than they could be built. Shipping services have been greatly curtailed and in some cases wholly suspended. What the loss of one ship means was brought vividly home to us a short time ago, when we heard that one vessel sunk off the Jersey Coast, by a German submarine, had a cargo of 12,000,000 pounds of sugar, or more than sufficient to feed the entire city of Washington for a period of three or four months. Yet that was only one ship. Scores of ships loaded with grain, meat products and other provisions, as well as raw materials for manufacture, have been sunk as they neared the British, French and Italian coasts.

Special attention should be called to the fact that curtailment of shipping has prevented the allied nations from transporting much needed foodstuffs and raw materials, that are to be had in large volume in the more remote countries of the world. The Prime Minister of Australia stated in New York, lately, that there were, at least, 6,000,000 tons of grain in Australia awaiting shipment. The recent harvest of wheat and other cereals in Argentina was one of the largest on record, in fact, the first good crop in several years. A few months ago it was learned that some of the big meat-packing plants in Montevideo had their freezers so full of beef, and so little prospect of shipping it, that they refused to buy Uruguayan cattle at very low prices. This gives only an idea of the flood of foodstuffs that we may expect loosed when peace has been declared.



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Feeding the Human Machine

By W. A. Freehoff

WITH butter sixty cents a pound in many cities, with milk from twelve to sixteen cents a quart, and with cheese at least thirty-five cents a pound, it was but natural that the housewife used as little butter, cheese, and milk as possible. In the place of butter she began to use the various vegetable and animal oleomargarines, the milk order was cut as sharply as possible, and in some instances cancelled entirely, while cheese practically disappeared from her table.

This tendency was accelerated by the early attitude of the food administration. We were told to save fats, and, therefore, not to use butter for cooking, and we were allowed to believe that oleomargarine was the equivalent of butter for all purposes. The bakers were ordered not to use milk. Mr. Hoover did, however, urge the free use of dairy products for children, but did not explain why.

As the farmers themselves believed that there would be a serious shortage of milk and dairy products, the food administration cannot be altogether blamed for trying to conserve our dairy stocks. It so happened, however, that at this writing, June, there was a great surplus of milk in the country. Not only had the number of dairy cattle increased, but exports were reduced because of lack of ships, and consumption had been reduced because of the effort at economy, and the work of the food administration.

Whenever there is a surplus of any perishable food product, the market is held steady only with the greatest of difficulty. Consequently, the dairy industry is, today, facing the greatest crisis of its history. Feed is high, labor is high and scarce, and the market for milk is not of the best. Thousands of dairy farmers are seriously considering the advisability of going into other lines of farming where the market is steadier, and the chances of profit greater.

The natural inference on the part of the housewife is, why not let him do so? If there is too much milk produced, why wouldn't it be better for some farmers to produce more wheat and other crops, now greatly in demand, and of which there is an actual shortage? Would not everybody be benefited all around?

This sounds reasonable, and ordinarily would settle the difficulty. There happen to be two great reasons, however, why the dairy industry should not only be protected, but fostered. One has to do with the welfare of the people in the cities, and the country also, and the other has to do with the permanent welfare of American agriculture. First, we will touch briefly upon this latter phase.

It is well understood that no farmer can take wheat, or any other crop from his land, year after year, and maintain the productivity of the farm without adding fertilizers. A well-conducted system of dairy farming enables the farmer to maintain the fertility of his holdings, and for this reason the dairy industry should be maintained at a high level in this country. When the American farms begin to wear out, it will not be long before food stuffs of all kinds will rise sharply in price.

The second reason, and the most important one, is the fact that milk and its products supply an element absolutely essential to good health, and nothing else will supply that element. Were the dairy industry to die out in this country, there would be an immediate deterioration of the race.

This may appear a grossly exaggerated statement, but its truth has been recognized by scientists for a number of years. Possibly the greatest authority in the world on this question is Dr. E. V.

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McCollum of Johns Hopkins University. Dr. McCollum is at present engaged in an active campaign to arouse the nation to the seriousness of its dairy problem, both from the standpoint of the farmer and the consumer. He tells why milk and all dairy products are so absolutely essential in our daily diet, and he also is trying to arouse the farmers to a realization of their task in preserving this great industry.

Dr. McCollum points out that there are certain diseases peculiar to a faulty diet. Among these are beri-beri, scurvy, rickets, pellagra, and even tuberculosis. We in America have not had to cope with many of these diseases, for this has been a land of plenty, with great stores of cereals, meats, and dairy products available, at moderate prices. Accordingly, our diet has been so liberal and so varied that we are well nourished, even if by accident rather than design. In the Orient, however, where meats and dairy products are few, and the people are restricted to a diet of cereals and leaves, not only are the diseases just mentioned a dreadful scourge, but the whole vitality and stamina of the various races have suffered.

We are just beginning to come up against this problem in our own country. In 10 years, 165,000 cases of pellagra have developed. In some of the tenement districts of the large cities, rickets, with all its accompaniment of deformed bones, has overtaken practically 100 percent of the children of these sections. Tuberculosis of a dietery origin is scourging certain cities, notably the black belt of Baltimore. We are coming face to face with the very problem, only in a more minute degree, that has afflicted the Orient for centuries.

Naturally, our congested centers of population are the first to suffer. The people in our slums are wretchedly poor; they cannot afford to buy a liberal variety of foodstuffs; and they have not the necessary culinary knowledge to prepare properly what they do buy. But as this war is progressing, there seems to be an increasing tendency, on the part of the middle classes, to economize at the table, not wisely, but too well.

So long as this economizing takes the form of eating less, the health of the nation will improve, for we have undoubtedly been too liberally fed for our own good, especially with meats. We have been wasteful, and thrown large portions into the garbage can.

But a very distinct effort has been made in every large city to keep down the price of milk, butter, and cheese. Very little murmuring was done when other items of food advanced in price, but as soon as milk went beyond 10 cents a quart, the daily press began a clamor, which was taken up by housewives leagues and other agencies. The farmer was pilloried as a robber, who wished to take an unfair advantage of the war to boost his profits.

Now, all men familiar with dairy farming know that it takes a heavier investment, longer working hours, presents a graver labor problem, and is operated at a lower margin of profit than cash-crop farming. The only reason farmers have been able to stay in the dairy business, at all, is due to the fact that they were able to raise hay, corn, and other feed at less than market price. But the cost of producing this feed has gone up more rapidly than the price of milk, and the dairy farmer of this country is becoming very much discouraged. When a misinformed public accuses him of being a profiteer, he is so disgusted that he doesn't care whether he stays in the business or not.

But aside from the effect this unintelligent treatment of the milk situation has upon the dairy industry, it has an equally serious effect upon the health of the cities. It has been conclusively proved by Dr. McCollum and his colleagues, that there are two elements which must be present in the food we eat in order that we may be correctly nourished. The presence of these elements cannot be determined by chemical analy-

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sis, for animals have been fed on rations that were chemically balanced, and were exactly alike, as far as analysis was concerned, and yet slowly starved to death.

The story of how these unknown elements were discovered is a long one, and out of place in this article. But by a series of feeding experiments, extending over a period of many years, it was discovered that livestock of all kinds, and laboratory animals, like guinea pigs and the domestic white rat, would do well on certain feeds, and die on others that analyzed alike. By a series of careful eliminations, it was finally determined that there were, at least, two elements that were essential to growth and normal health.

Dr. McCollum prefers to give these elements no name at all, until more is known about them. He does this because the names in chemistry are always given in such a manner that the name tells something about the property of the object named, and not enough is known about the physical property of vitamines to give them an accurate name. Therefore Dr. McCollum calls them merely fat-soluble A and water-soluble B.

Fat-soluble A is so called because it is found almost exclusively in whole milk, cheese, butter, and cream, and to a lesser extent in the yolk of eggs, and in liver fat and in kidney fat. About the only way we get fat-soluble A in our diet is by the use of milk and dairy products, as it is not found in any vegetable fat, with one or two rare exceptions. The absence of this unknown substance will not make so much difference with the adult, but it is absolutely essential for the well being of the growing child. Thus those parents who, by reasons of economy, or because they have allowed themselves to boycott milk and butter, reduce the amount of milk given to their children, and replace butter with one of the many brands of vegetable or animal oleomargarines, are in grave danger of doing their children irreparable physical harm. Rickets, sore eyes, impaired eye sight, and stunted growth are only a few of the possible effects.

Even skim milk will not supply this fat-soluble A, as has been proved by the experience of Denmark. Because of the high price of butter fat, many of the dairymen of Denmark were tempted to substitute skim milk for whole milk. Very soon the children receiving this skim milk had serious eye trouble: the eyelids became swollen, there was more or less hemorrhage around the eyes, and blindness gradually set in. As soon as these children were put on a whole milk diet, this eye trouble quickly disappeared.

Originally, of course, this fat-soluble A is found in the leaves of plants. It is not practical, however, for a human being to eat enough leaves and similar "roughage," because his stomach and digestive tract is not fitted to handle such a bulky diet. The cow, however, which lives very largely upon the leaves of plants, has a digestive system capable of assimilating vast quantities of rough feeds. Now, as this fat-soluble A has the peculiar property of dissolving in butter fat, it becomes at once apparent how important a part the diary industry plays in keeping up the health of the nation.

In other words, milk and its by-products, is the first great "protective" food we have. The word protective is used to indicate that the deficiencies found in lean meat, cereals, tubers, and roots, all articles of universal diet, are corrected. Milk is the greatest of all protective foods.

The second great class of protective foods is the leaves of plants, and in them is found water-soluble B. This class is of vital importance, but to a lesser degree than fat-soluble A. The human system obtains its water-soluble B in lettuce, spinach, in fruit to some extent, and the various leaves and greens that are upon the market. A very large quantity of these articles are not necessary, the main requirement being that our diet is kept varied by the use of fruits, vegetables, and greens.

In making out the best diet for human

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beings, it is necessary, therefore, to bear in mind that mere chemical analysis is not sufficient. So many calories of protein, so many of carbohydrates, and so many of fats are necessary, it is true, but in addition there must be fat-soluble A, and water soluble B. But that is not enough.

Unless there are enough mineral elements in the diet, the system cannot thrive. Just three minerals are essential. One of these is calcium, the property that gives hardness to the bone. The other two are sodium and chlorine. Calcium is supplied largely in vegetables and the leaves of plants, and not so liberally in cereals.

This article is not supposed to be a chart of correct eating. In as non-technical language as possible the writer has endeavored to explain the broad outlines of the food problem that these United States of America are up against, not only now during the war, but in the years to come as our centers of population become more and more congested.

Farmer and city-man, alike, must combine for the protection and fostering of the dairy industry. The best way of doing this is another story, a complicated one, and one which has been made more difficult by angry recriminations, misunderstandings, and mutual distrust based on misinformation.

From the Front

In 1778, 1862, 1899 and 1916

By Kate Hudson

COMPARED with the age of the world, the few centuries filled by United States and our own particular making of history, seem but a span; and yet how much, even of that short time, has been spent in war and fighting!

So it seems, at least, to Mrs. Critch whenever she tucks away the last missive from "Somewhere in France," where her own boy is doing his share. Neatly and reverently she folds away the thin, closely-written sheets, for who knows whether there will ever be another! — in the old Japanned despatch box (a relic of our Civil War), which already holds other mementoes of wars, in which her forbears have taken part. And it's from this very little collection that we've selected the four letters which prove that, whatever the cause and the climate, whatever the time and the temperature, pluck, patience, and human nature generally, together with wind, rain and an overabundance of mud, played much the same part then as now.

Of the writers, all bright, young and hopeful, one lived long and happily with the "Nancy" to whom the first letter is written, and another returned from the other side of the world to settle down as a prosperous physician in the middle West; one fell before Fredericksburg while defending the Colors he had so loyally guarded through three previous engagements, and the fourth is still in the very thick of things in battle-torn France; whence, let us hope, *he*, also, may return to marry the girl of his choice, as did the young train-band captain, who writes as follows:

In Camp on Rhode Island,
Oct. 14, 1778

My dearest Nancy:

I sit down amid the noise and clamor of war, just to inform you that we are well and in good spirits. We landed on the Island Sunday morning and marched about four miles towards Newport, where we encamped. We should have marched towards the enemy's works on Wednesday morning, but we had a very tedious storm which prevented us. We shall go forward as soon as weather permits, I sup-

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OF

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(Seal) A. W. BLAKE,
Notary Public.

Efficiency!

Efficiency, the magic word
Which should hold dominating sway
On pulsing industry to-day,
If LOYALTY can be averred!

Our nation's honor will be blurred
If petty differences delay
Efficiency!

O may our hearts be keenly stirred
To sense that lurking dangers may
O'erwhelm us if we disobey
The dictates of that magic word,
Efficiency!

Caroline Louise Sumner.

THE SITUATION

AMERICAN COOKERY is doing its level best to adapt itself to the rules of the Food Administration, and the exigencies of present conditions. The difficulties to be faced on every hand are most formidable. We believe diet is a matter of rapidly growing concern everywhere. We believe that the food-question and health are subjects of endless comparative study and interest. We are trying to serve our readers and patrons to the best of our ability. Come over and help us.

A NEW ERA

NOTHING can be more futile than the attempt to predict what will take place in the future. And yet, whatever be the issues of the war, whatever the terms of peace that may be concluded, it is plain the conditions of life can never again be as in the past. The old order changeth, yielding place to new.

It must be evident to us all, the earth is passing through a revolution such as it has experienced at no time in the past. The horrors of war have reached and affected every quarter of the globe. The respective races and peoples of the earth have come to know and understand each other. No longer can it be asked, who is my neighbor? Life can never be again as it has been. As President Hopkins of Dartmouth College said recently:

"During the years within which we live, life will never be again as leisurely and care-free as it has been. The magnitude and importance of the problems of reconstruction of the world's torn mental and material fabric are too great for genial toleration in the future, as in the past, of the mental shirk or the spendthrift of time, and there will be no such toleration.

"The great necessity of the immediate period is adjustment." All things which are done must be such as act directly to empower civilization to demonstrate its ability to protect itself.

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"A new statecraft is to be devised, a new industrial code is to be set up, social relations are to be radically revised; and for the people who would contribute most helpfully herein, time will be the essence."

To inaugurate a new era in the world's history are we ready to contribute our mite and help to our utmost?

Let us then be up and doing,
With a heart for any fate,
Still achieving, still pursuing,
Learn to labor and to wait.

DROPPING GERMAN

THE teacher of German, who has not some other line of work to fall back on, has occasion for worry these days. German threatens to become a dead language in this country, for an indefinite period, and with none of the respect that the educational world, at least, has for the ancient languages commonly called "dead." No fewer than 14 states have abolished absolutely the teaching of German in their public schools, and in at least 16 others campaigns to the same end are under way, with every prospect of success. Already many cities in the latter group of states have definitely put German in the discard — New York, Philadelphia, Washington, Louisville, Jersey City and Portland, Ore., among them.

The states that have not taken up in earnest the discussion, which is leading in every case to the same conclusion, are mainly those of the South, where German figures very little in the public schools — though the list also includes three New England states, Massachusetts, New Hampshire and Vermont. In Connecticut a proclamation by the governor has barred the use of German "for instruction or purposes of administration in public or private schools after July 1, 1918." That appears to put the ban on German schools rather than on the teaching of German, but it amounts to the same thing there at present. Maine reports that only about 20 high schools have been teaching German, and that "at present it is practically wiped out." Of course the controversy gains special significance and stirs much feeling in such states as Missouri and Wisconsin and in general through the middle states.

It is very clear to us where the line should be drawn. The compulsory use in the conduct of classes of German in the schools of a district at the behest of a majority of the parents, as some of the western states have permitted, is an intolerable situation. We should straightway end it. It has been a device for making American children grow up intellectually tributary to German kultur and the German crown.

But the study of German as a broadening of one's own linguistic attainments, just as one studies French, Spanish and Italian, is in the highest degree desirable, and should be continued. Nothing has happened in this war which should discourage the study of German in our higher institutions of learning and in preparation therefor. Everything has happened to put an end to its dominance in the common schools of any American community.— *The Boston Herald.*

IN SPIRIT AND IN TRUTH

"THE spiritual element is the predominating force in this war." No one can note and consider the events that have transpired in the past four years without sure conviction that spiritual forces are at work in the nations of the earth as never before. Unlicensed selfishness is everlastingly wrong. Might is not necessarily right. Thou shalt not pass, "reveal the spirit of consecration and faith that animates the young soldiery of France, England and America."

"The Faith of France" is the title of a book recently translated and published in this country. The author is a distinguished writer and member of the French Academy. According to a recent review of the book, "he has made a study of the spiritual differences and the deeper unity of France. They were Catholics, Protestants, Jews, etc., but on August 4, 1914, all differences disappeared, and

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every Frenchman was defending France and all that was most precious in his own faith.

"Throughout the pages of his work the author emphasizes two things: *The holy union*, which emerges with such strength and reality out of the divine versatility of France, and the *spiritual element* in the conflict. He believes that France has achieved a deep-seated unity, which shall never pass away; for the national soul, he says, has become converted."

TWO LETTERS TO A MOTHER

Contrast Between Words of Lincoln and the Kaiser Typifies Difference Between Democracy and Autocracy

SELDOM has the difference between the causes for which America and Germany are fighting been illustrated more forcibly than in two letters to mothers who sacrificed their sons to their country.

Abraham Lincoln's letter of sympathy and condolence to the widow Bixby, who gave five sons to the Nation's cause in the Civil War, is known wherever the English language is spoken. It speaks from the great heart of the martyred President, and breathes democracy in every line.

A contrast appears in a letter from the Kaiser to a German woman, Mrs. Meter, of Delmenhorst, Oldenburg, who has lost nine sons in the present war. The two letters speak for themselves:

The Kaiser's Letter

"His Majesty the Kaiser hears that you have sacrificed nine sons in defense of the Fatherland in the present war. His Majesty is immensely gratified by the fact, and in recognition is pleased to send his photograph, with frame and autograph signature."

Lincoln's Letter

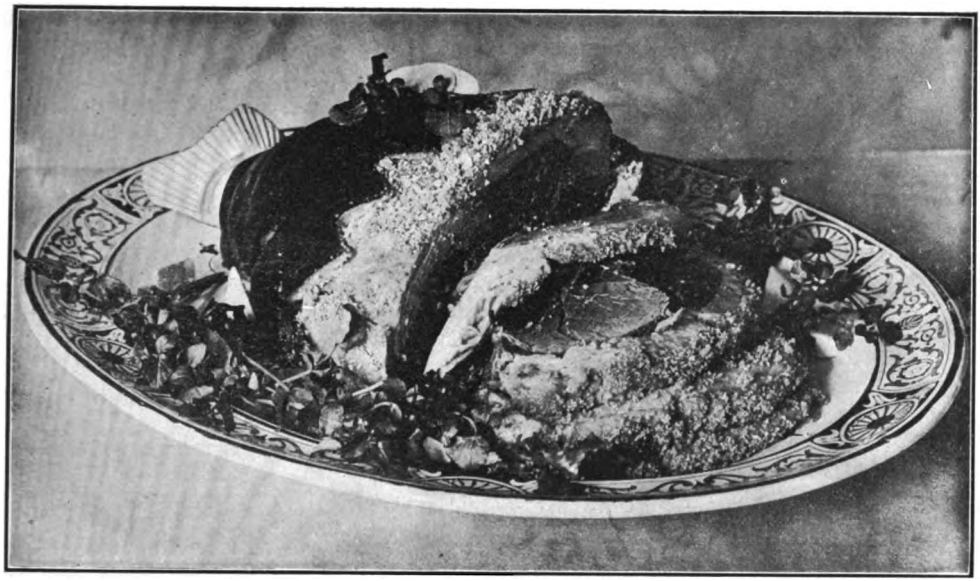
Dear Madam: I have been shown in the files of the War Department a statement of the adjutant general of Massachusetts that you are the mother of five sons who have died gloriously on the field of battle. I feel how weak and fruitless must be any words of mine which should attempt to beguile you from the grief of a loss so overwhelming. But I cannot refrain from tendering to you the consolation that may be found in the thanks of the Republic they died to save. I pray that our Heavenly Father may assuage the anguish of your bereavement, and leave you only the cherished memory of the loved and lost, and the solemn pride that must be yours to have laid so costly a sacrifice upon the altar of freedom.

CLOSE upon the passage of the Man-Power bill and the completion of the preparations for the registration of the entire manhood of the country between the ages of eighteen and forty-five, it was announced at Washington that the utilization of women in war industries would be undertaken on a much larger scale than any hitherto contemplated. It is recognized that American womanhood had responded magnificently to the summons of the crisis since its inception; but the government is perfecting its plans for a much wider appeal to women, which will place the woman-power of America as completely at the service of the country as its man-power. It is probably in anticipation of such a mobilization of woman's labor that the President has been emphasizing the urgency of the Federal suffrage resolution, passed by the House, and now pending in the Senate.

— *The Christian Register.*

For this commandment which I command thee this day, it is not too hard for thee, neither is it far off. It is not in heaven, that thou shouldest say, Who shall go up for us to heaven, and bring it unto us, and make us to hear it, that we may do it? Neither is it beyond the sea, that thou shouldest say, Who shall go over the sea for us, and bring it unto us, and make us to hear it, that we may do it? But the word is very nigh thee, in thy mouth, and in thy heart, that thou mayest do it. — *Deuteronomy xxx. 11–14.*

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BAKED HAM, CRESS AND COOKED EGG

Seasonable and Tested Recipes

By Janet M. Hill

IN ALL recipes where flour is used, unless otherwise stated, the flour is measured after sifting once Where flour is measured by cups, the cup is filled with a spoon, and a level cupful is meant. A tablespoonful or teaspoonful of any designated material is a LEVEL spoonful. In flour mixtures where yeast is called for, use bread flour; in all other flour mixtures, use cake or pastry flour.

A Dish of Appetizers (Hors D'Oeuvre)

CUT tunny fish in thin slices and dispose, one slice overlapping another, down the center of a dish, a figure cut from a slice of truffle on each. Set rows of pickled beet, in slices, on either side of the tunny, with lengthwise slices of egg and stuffed pickled peppers beyond. Cut the peppers in quarters, then set them back in the original shape. An oyster fork and small plates should be provided for eating these.

Dressed Hors D'Oeuvres

Cut any variety of stale, close-grained bread in slices, a scant quarter of an inch in thickness; from these stamp out shapes as desired. Melt a little butter on a pan, and in it turn the shapes to coat with butter; cut them *nearly through* that each piece, or section, when taken with an oyster fork, may be easily separated from the others and eaten. Let brown delicately in the oven, then cool.

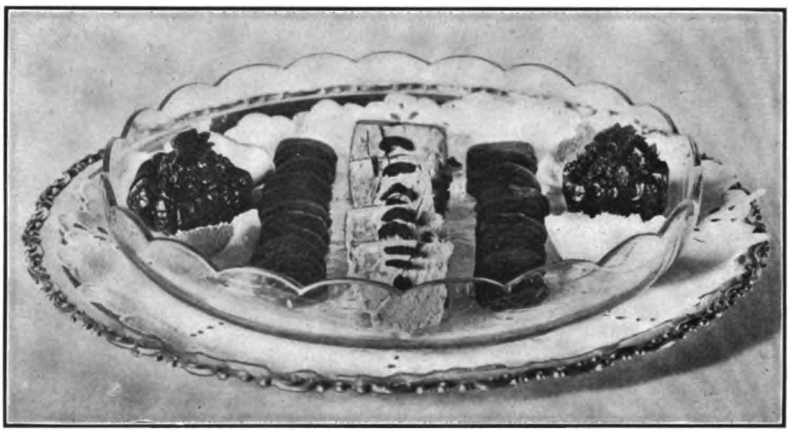
Beat a little butter to a cream; gradually beat into it chopped-and-pounded ham, flesh of sardines, anchovies, chicken, egg-yolks, capers or parsley, one or more as is suitable; when the mixture is smooth, press it through a sieve and season with paprika, tabasco, mustard or curry, then use to spread the prepared bread. Press into the mixture on the bread figures cut from beet, white of cooked egg, truffles, tunny fish, or filets of anchovies or sardines, or use caviare, seasoned with a few drops of lemon juice and onion juice. Serve one, each, on small plates as the first course or beginning of a meal.

Bean Soup, Italian Style

Soak one pound of white pea beans in

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cold water overnight. Wash, drain and set to cook in plenty of fresh cold water. After boiling begins, let simmer gently three hours, adding water meanwhile if needed. Chop two slices of bacon (or two sausages), an onion, a clove of garlic (if desired), three or four parsley branches, one or two stalks of celery and half a cup of dried mushrooms (soaked in cold water), very fine, put over the fire in one or two tablespoonfuls of vegetable oil, and stir and cook until yellowed throughout. When the beans are tender, press them through a sieve; add the chopped material, rinsing out the pan with some of the liquid from the beans, to secure all the flavor; add also a cup of thick tomato purée (cooked tomatoes pressed through a sieve, and reduced, by slow cooking, to a thick consistency). Season with salt and pepper, and serve as an ordinary soup. Or, about half an hour before serving, add three potatoes, sliced thin, a cup of fine-shredded cabbage and one-fourth a cup of blanched rice; cook until the vegetables are done and serve as the main dish of the meal.



TUNNY FISH, BEETS, STUFFED PEPPERS

Oyster Chowder

Cut four ounces of fat salt pork into tiny cubes, and let cook over a slow fire until the fat is well extracted; add one onion, peeled and cut in shreds, and stir and let cook very slowly until the onion is yellowed and softened; add two cups of boiling water and let simmer twenty minutes or longer. Add two cups of sliced potatoes and let cook until the potatoes are done; add three cups of hot milk or white sauce and one quart of oysters, and let cook until the oysters ruffle on the edge. Season as needed with salt and pepper. Serve at once. Two stalks of celery, cut in bits, may be added with the onion.

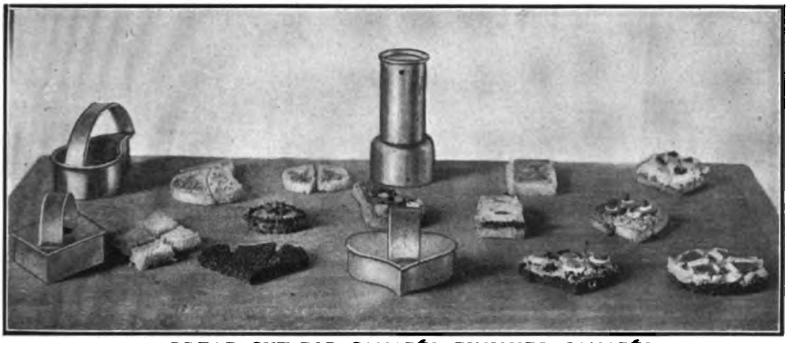
Pork Pie

This is a New England dish of colonial times. Line a baking dish with pastry or biscuit dough; interline the paste with fat salt pork, cut in exceedingly thin slices; fill the dish with apples, pared, quartered, cored, and cut in slices, sprinkle with cinnamon, and add a few spoonfuls of molasses. Or, use sugar and nutmeg. Cover with thin slices of pork and then with pastry or biscuit dough. Let bake in a moderate oven about one hour and a half. Serve hot as the main dish at luncheon or dinner. This is also made with thin slices of lean, fresh pork.

Panned Chicken with Corn Fritters

Separate a young chicken into pieces at the joints; set into a baking pan, pour over a cup of broth, cover and let cook

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BREAD CUT FOR CANAPÉS, FINISHED CANAPÉS

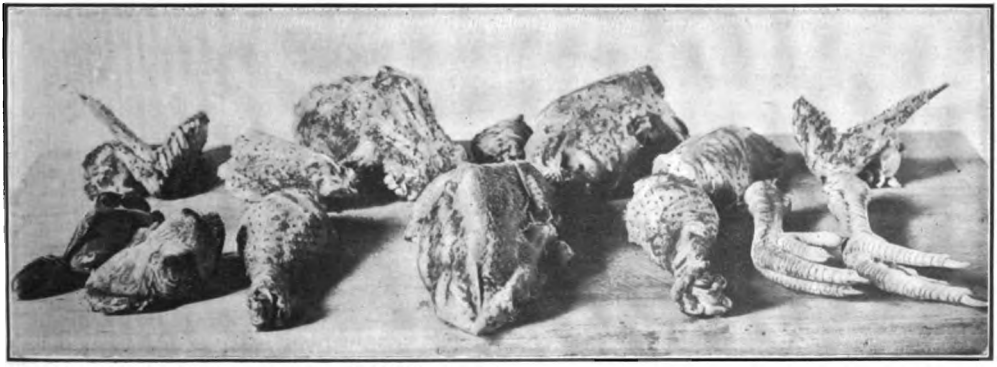
about an hour and a half, basting each ten minutes with broth or hot fat. When tender, remove to a hot serving dish, and use the liquid in the pan in making a sauce. Skim the fat from the liquid; add to it enough fat to make one-fourth a cup; in it cook one-fourth a cup of flour and half a teaspoonful, each, of salt and black pepper; add two cups of broth and stir until boiling. Serve the chicken on a dish surrounded by the fritters, and the sauce in a bowl. To make the broth, simmer the skinned feet, the giblets, neck and pinions in water to cover about two hours.

Corn Fritters

Beat two egg-yolks; beat in one cup of canned corn (chopped if the kernels were retained). Add half a teaspoonful of salt and one-fourth a teaspoonful of black pepper, one teaspoonful and a half of baking powder, and one cup of oat or rye flour sifted together. Lastly, beat in the whites of two eggs, beaten very light. Take up the mixture in a tablespoon and with a second spoon scrape it, in a compact mass, into hot fat; turn often while frying; drain on soft paper.

Roast Chicken

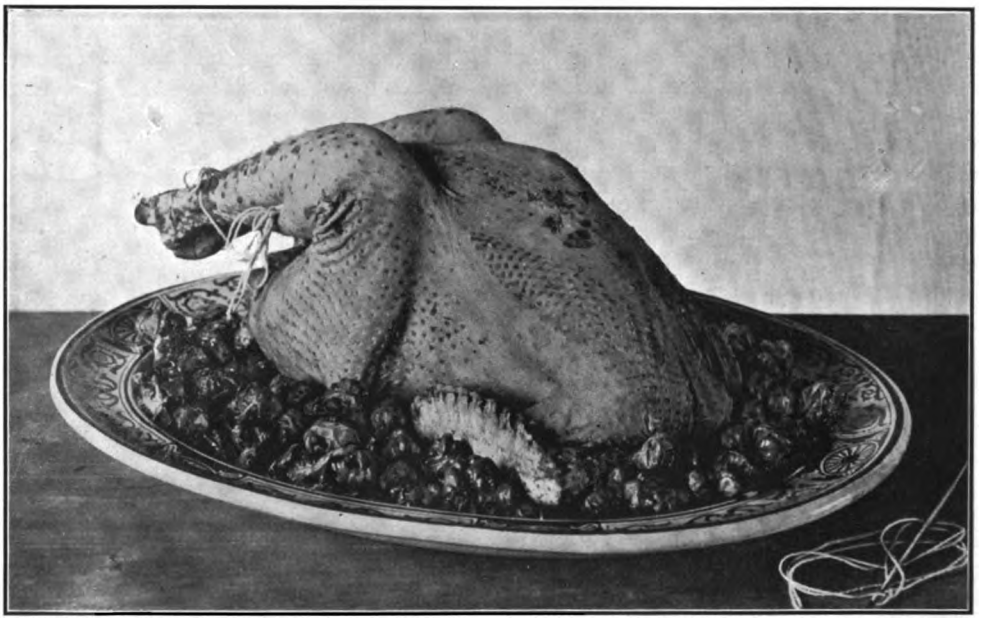
Without cutting the skin, remove the neck of the fowl (turkey, goose, chicken, etc.) on a line with the top of the wings. Turn the skin down over the back and the pinions backwards, then hold these in place over the skin with a thread (in a trussing needle) run through the chicken from one wing to another and out again where the thread went in, leaving a stitch about an inch long in the second wing, and tieing a knot in the first wing. Fill the body of the chicken with stuffing; press the legs close to the body, and run twine from the trussing needle through the legs and body, taking a stitch an inch long in the second leg, and



A CHICKEN CUT IN JOINTS FOR PANNED CHICKEN, ETC. FEET CLEANED FOR COOKING

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tieing a knot an inch from where the string went through the first leg. When cooked, cut the stitches and pull out the threads by the knots. Baste the chicken with hot fat each fifteen minutes during cooking, and dredge with flour after each basting. Cook until the joints separate easily. A four-pound chicken needs to cook two hours. A twelve-pound turkey, about three hours. If a fowl of any kind is tough and dry, the fault probably lies with the cook. We go on the supposition that no one is expected to cook, even a "fresh-killed fowl" that has not been hung six or seven days in a dry, cool place.



FOWL TRUSSED FOR ROASTING, SURROUNDED WITH BRUSSELS SPROUTS
TRUSSING NEEDLE, THREADED

Bread Stuffing for Fowl, etc.

Mix two cups of fine, soft bread crumbs with half a cup of melted fat, half a teaspoonful of salt, one-fourth a teaspoonful of black pepper and one teaspoonful of powdered thyme or savory or poultry seasoning. Liquid of any kind makes a soggy stuffing.

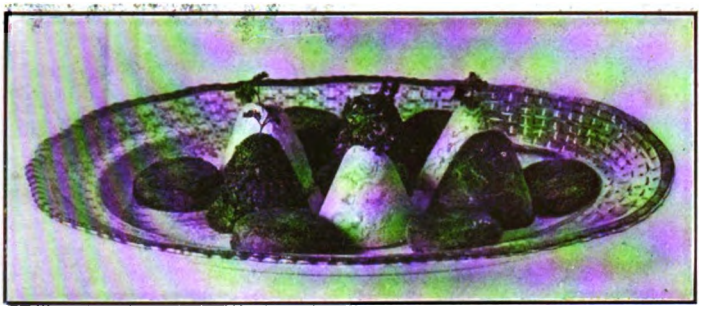
Baked Ham

Scrub the ham and set to cook on the range in cold water to cover; heat slowly to the boiling point, then let simmer until nearly tender, five or six hours. Remove to a baking dish. Several inches from the shin bone, cut the skin in points and remove the skin from the rounding end. Sprinkle the fat, from which the skin was taken, with fine bread or cracker crumbs mixed with brown sugar, and set into the oven (not too hot) to cook slowly about an hour, when considerable fat will have been drawn out, and the crumbs be browned. The ham in the illustration was sliced while hot. Cold ham slices better than that which is hot.

Ham Fricadelles

Crumble bread to fill a cup lightly; let soak in milk till the bread is soft and the milk, absorbed; add one cup of cold, boiled ham, chopped very fine, and such seasoning as is desired; chopped parsley, onion juice, chopped celery leaves, poultry seasoning, tabasco sauce, chili sauce, salt and pepper are among the seasonings most desirable. Mix with one egg, beaten very light, and shape into small

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HAM FRICADELLES, CONES OF MASHED POTATO (WHITE AND SWEET) AND SPINACH

cakes. Pat the flat sides of the cake in flour or meal and sauté in hot fat, first on one side and then on the other, until well browned. Serve around a mound of mashed sweet or white potato. In preparing the white potato, thick tomato purée may be used in place of milk. Serve brown sauce, made in the pan after frying the fricadelles, in a bowl. Fresh pork or veal may be used in place of all, or a part of, the ham. Also, as in illustration, serve the fricadelles with cones of hot mashed, sweet and white potatoes, and spinach or Swiss chard. Shape the cones in the utensil used for dishing ice cream.

Hamburg Steak with Brussels Sprouts

To one pound of steak, from the top of the round, chopped in food chopper, add half a cup of cold water, and a scant half teaspoonful of salt; mix thoroughly and shape into small, flat cakes (about six). Rub over a hot, iron frying pan with a bit of fat (from the edge of the meat), and set in the cakes. When juice is seen on the top of the cakes, turn at once to cook that side. Leave rare or cook thoroughly, according to taste. Have ready a consistent brown sauce. In making the broth for the sauce, cook in it a little ham and one-fourth a cup (or less) of dried mushrooms. Also, have cooked, tender, some Brussels sprouts. Drain off the water from the sprouts; add salt, pepper and a piece of butter, and shake the saucepan over the fire till the sprouts have taken up the seasonings and butter. Set the sprouts in the center of a hot platter, the steak around them, and pour the sauce around the steak.

Beans Baked with Sausage

Soak one pint of pea beans overnight. Wash, drain, rinse and set over the fire in cold water to cover. Let heat slowly to the boiling point, drain and rinse again; let cook in a fresh supply of water until tender, but not broken in the least. Stir in a teaspoonful of soda; when the effervescence ceases, let boil two minutes; drain, rinse and drain again. Put the beans into a baking dish with half a pound or more of sausage, in links or cakes, mixed through them here and there. Dissolve a teaspoonful of salt and a teaspoonful of mustard in a quart of boiling water, and pour over the beans in the dish; cover and let bake five or six hours. Set into the oven at 7 o'clock, they are ready to serve at noon. Bake the last hour without the cover. Boiling water may be added during the first of the baking, but the beans should be dry when done. Being cooked tender before baking, but little water is needed after setting into the oven. Left-over beans and sausage may be pressed firmly into a mold, it will slice like cheese when cold.

Potatoes Cooked in Broth

Potatoes cut in balls with a French cutter are usually taken for this dish, but the potatoes are just as satisfactory when cut in cubes, or in shapes like those prepared for French-fried potatoes. Cover

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CANNED SWISS CHARD, SUMMER SQUASH. BRUSSELS SPROUTS, CORN ON COB, CAULIFLOWER, VEAL SWEETBREADS, KOHL RABI.

the potatoes with boiling, salted water, and let boil five minutes; drain and set to cook in beef broth. When tender drain and sprinkle with salt and fine-chopped parsley. This dish is relished by every one, but is appreciated most by those who are allowed broths — no solid meat.

Flemish Carrots

Winter carrots or canned summer carrots may be used. The carrots should be cut in thin slices or narrow strips and cooked tender, if they have not been previously cooked. For a pint of carrots, melt one tablespoonful of butter, or substitute, in a saucepan; add one-fourth a cup of chopped onion, and half a teaspoonful of sugar. Cover and let cook very slowly (on an asbestos mat) till yellowed a little; add one cup of beef broth, and let simmer until the onion is tender; add the carrots and let stand over hot water twenty minutes or longer. Sprinkle with a tablespoonful of fine-chopped parsley before serving.

Brussels Sprouts, Buttered

Remove imperfect leaves from the sprouts. Let the sprouts stand an hour or longer in cold water to which a teaspoonful of salt has been added. Skim from the water and let cook in boiling water until tender (fifteen to twenty minutes); drain, add a little salt and a piece of butter and shake over the stove until the butter is absorbed.

Rice Muffins

Put one cup of cooked rice (grains distinct) into a mixing bowl; mix through it one egg, beaten light, and three tablespoonfuls of melted shortening. Add one cup of oat flour, half a cup of fine, white cornmeal, five teaspoonfuls of baking powder, half a teaspoonful of salt and two or three tablespoonfuls of sugar, sifted together, and about one cup of milk. Mix thoroughly. Bake in a hot, well-greased muffin pan about twenty-five minutes. The recipe makes about eighteen small muffins.

Maple Rice Pudding

Boil one-fourth a cup of rice tender; scald two cups of milk in a double boiler; stir one tablespoonful and a half of cornstarch, smooth, in half a cup of maple syrup and stir into the hot milk; when the mixture thickens, cover and let cook fifteen minutes; add the rice, dry, but with grains distinct, and beat in the yolks of two eggs, beaten light. Turn into a baking dish. Beat the whites of two eggs very light, then gradually beat in one-fourth a cup of maple syrup and spread

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over the pudding. Let cook about twelve minutes in a very moderate oven, when the meringue should be lightly colored.

Cider Apple Sauce

Boil sweet cider until reduced nearly one-third in quantity; add sweet apples, pared, quartered and cored, and let cook, uncovered, until the apples are tender. Turn the apples occasionally, but keep the pieces unbroken. A little sugar may be added if desired.

Pumpkin Pie

Line a pie plate with oat or rye-flour pastry; pour in the pumpkin mixture. Set the pie into a rather hot oven, and let bake about forty minutes, or until firm throughout. Decrease the heat of the oven as soon as the paste begins to cook, and before the filling boils.

Filling for Pumpkin Pie

For a large pie beat one egg and the yolk of another; beat in half a cup of syrup and one-fourth a cup of molasses, one teaspoonful of ginger, half a teaspoonful of cinnamon, half a teaspoonful or more of salt, one cup and a half of cooked-and-strained pumpkin, and one cup and a half of milk. Two crackers (Uneeda biscuit) rolled fine may take the place of the eggs.

Pastry for Pumpkin Pies

Sift together one cup, each, of oat and rye or barley flour, half a teaspoonful of salt, and one-fourth a teaspoonful of baking powder; cut in a scant half-cup of shortening and work to a paste with cold water. There will be pastry for two pies, and for two small tarts. Any filling other than mince is suitable for Thanksgiving tarts. Reserve mince meat for Christmas. Whole wheat flour may be used in place of the rye or barley flour; thus made, the pastry is easily handled.

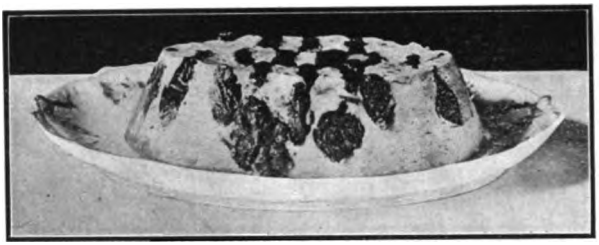
Everyday Cake

Beat one-fourth a cup (four tablespoonfuls) of shortening to a cream; beat in half a cup of sugar, half a cup of chopped raisins or nuts, two egg-yolks, beaten light, one-fourth cup, each, of maple and corn syrup, half a cup of milk; add one cup of rye or barley flour, three-fourths



CANNED AND FRESH PUMPKIN

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PRUNE BAVARIAN CREAM

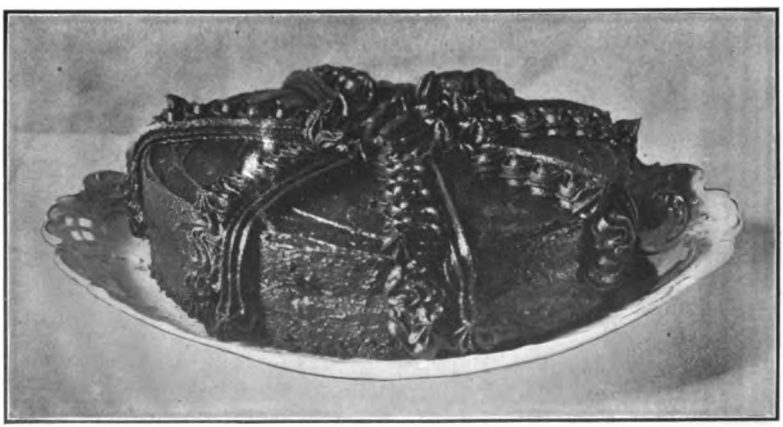
a cup of wheat flour, a slightly rounding teaspoonful of cream of tartar, half a level teaspoonful of soda, half a teaspoonful of salt, and half a teaspoonful of mace, sifted together. Lastly, beat in the whites of two eggs, beaten light, and turn into a bread pan, or a shallow biscuit pan. Sprinkle chopped raisins or nuts over the top, and dredge with a teaspoonful of sugar. Bake about one hour in the bread pan, twenty to thirty minutes, according to depth of batter, in the biscuit pan.

Prune Bavarian Cream

Soften one tablespoonful and one half of granulated gelatine in one-third a cup of cold water and dissolve in one-half cup of hot prune juice; add one-third a cup of honey and one cup of cooked prunes, cut into small pieces. Stir in ice and water until the mixture begins to jelly, then fold in one cup and a half of cream, beaten very light (but not dry). When the mixture is firm enough to "hold its shape," — continue the folding until this condition is reached — dispose it, by large spoonfuls, in a mold decorated with lengthwise quarters of cooked prunes. Half a pound of prunes are needed for the dish. The mold should hold five cups. The juice and grated rind of half a lemon may be added at pleasure.

Oatmeal Cracker Cake

Beat half a cup of shortening to a cream; gradually beat in two-thirds a cup of honey, or one-third a cup of sugar and one-third a cup of honey. Add the yolks of two eggs, beaten light, one cup of milk, two-thirds a pound of oatmeal crackers, rolled and sifted (two and seven-eighths cups fine crumbs), and mixed with three teaspoonfuls of baking powder, half a teaspoonful of cinnamon, and one-fourth a teaspoonful of salt. Lastly, beat in the whites of two eggs, beaten very light. Bake in two, well-greased, layer-cake pans about eighteen minutes. Put the layers together with jam or jelly. Cover the top and sides with chocolate butter icing, and pipe more icing above.



OATMEAL CRACKER CAKE

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Chocolate Butter Icing

Beat half a cup of butter to a cream; gradually beat in half a cup of honey, one cup of sifted confectioner's sugar, and two ounces of chocolate, melted over hot water. This icing may be made entirely of honey or of syrup.

Fig Ice Cream

Scald one quart of milk; mix three level teaspoonfuls of cornstarch with cold milk and stir into the hot milk; continue to stir until the mixture thickens, then cover and let cook fifteen minutes, stirring occasionally. Beat the yolks of four eggs; add half a teaspoonful of salt and half a cup of conservation syrup (October number) or honey or maple syrup and beat again, then stir into the hot mixture; stir constantly until the egg is set; add two cups of hot cream, mix thoroughly (if desired, the cream may be put into the boiler at first with the milk), and let chill; add one tablespoonful of vanilla extract, and begin to freeze; when half frozen add from one-fourth to one-half pound of figs, cooked tender in a little boiling water, chopped fine and mixed with half a cup of honey, maple or conservation syrup; then finish freezing.

Fig Ice Cream, Junket

Mix one quart of milk, one cup of cream and one can of sweetened condensed milk; stir in one tablespoonful of vanilla extract and one junket tablet, crushed and mixed with one tablespoonful of cold water, and turn into the can of the freezer. Let stand in a warm place (not over 90 degrees F.) till jellied; let cool, then when partly frozen, add half a pound of figs, cooked, chopped and mixed with half a cup of syrup, and finish freezing.

Honey Molasses Kisses

Set one cup of molasses, three tablespoonfuls of honey, three tablespoonfuls of sugar, one tablespoonful of corn syrup, two tablespoonfuls of butter and one-fourth cup of water over the fire. Stir until the sugar melts, then cook until, when tested, it forms a hard ball in cold water, or to 260 degrees F. on the sugar thermometer. Turn on to a greased marble or platter. When cooled a little, pull as long as possible, cut into inch lengths with scissors, and wrap each piece, separately, in parchment paper.

Sugar-Saving Sweets

Fruit Pastes

U. S. Dept. of Agriculture

1. Select fruit; wash; prepare.
2. Cook until soft; stir.
3. Add minimum amount of sugar, or sugar substitutes, as corn syrup, honey, etc., to sweeten.
4. Continue cooking until very thick.
5. Spread by spoonfuls out flat on oiled paper.
6. Dry in slow oven; finish drying over kitchen range.
7. Turn, from time to time, like griddle cakes.

Nuts of all kinds can be dried in these cakes, which may be left whole, or cut in strips with scissors. Fruit pastes may be made into bars or used as fillings for sandwiches. They may, also, be brought back with water and used for pie-filling or sauce.

These pastes are particularly good made of apples, pears, peaches, plums and figs.

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Well-Balanced Menus One Week in November
(Last of Month)

A varied diet will not promote health, resistance to diseases or efficiency and longevity in the same degree as a diet containing liberal amounts of milk and leafy vegetables. — McCollum.

SUNDAY

Breakfast
Hulled Corn, Syrup, Whole Milk
White Hashed Potatoes
Pig's Sweetbreads and Liver, Sauté
Baked Sweet Apples
Ryemeal Muffins
Coffee Cocoa Milk

Dinner
Roast Spare Ribs of Pork, Brown Sauce
Mashed Potatoes
Mashed Turnips
Cole Slaw or Apple Sauce
Canned Corn Fritters, Maple Syrup

Supper
Oyster Chowder
Wheatless Crackers
Dill Pickles
Stewed Crabapples

MONDAY

Breakfast
Baked Potatoes
Creamed Salt Codfish
Fried Cornmeal Mush, Syrup
Coffee Cocoa Milk

Luncheon
Cream of Dried Lima Bean Soup
Cheese Croutons
Apple Dumpling
Tea

Dinner
Cold Roast Pork, Hot Baked Apples
Baked Squash
Scalloped Potatoes
Hot Boiled Rice, Butter, Syrup

TUESDAY

Breakfast
Corn Puffs, Top Milk
Cold Boiled Tongue, Sliced
Creamed Potatoes
Rice Griddle-cakes, Syrup
Coffee Cocoa

Luncheon
Hominy Croquettes Cheese Sauce
Waldorf Salad
Spider Corncake
Tea

Dinner
Boiled Shoulder of Cod,
Drawn Butter Sauce
Boiled Potatoes
Sliced Tomatoes
(ripened in paper)
Jellied (gelatine) Raspberries
(canned without sugar)

WEDNESDAY

Breakfast
Barley Mush with Dates, Top Milk
Tongue-and-Potato Hash (green pepper)
Cornflour and Ryemeal Muffins
Coffee Cocoa Milk

Luncheon
Fresh Codfish Creamed, au Gratin
Baked Potatoes
Lettuce, French Dressing
Rye or Barley and Rice Flour Biscuit
Grapes

Dinner
Roast Ribs of Beef, Brown Sauce
(Young beef)
Franconia Potatoes
Squash
Celery
Maple Rice Pudding with Raisins

THURSDAY

Breakfast
Cold Barley Mush, Fried
Syrup or Molasses
Bacon Potatoes Cooked in Milk
Oat Flour Bread, Toasted
Coffee Cocoa Milk

Luncheon
Canned Corn Chowder
Wheatless Crackers
Apple Butter
Oat Flour Biscuit
Cottage Cheese
Tea

Dinner
Cold Roast Ribs of Beef, Hot Brown Sauce
Mashed Potatoes
Baked Squash
Apple Shortcake, Honey

FRIDAY

Breakfast
Hulled Corn, Syrup, Top Milk
Creamed Finnan Haddie
Small Baked Potatoes
Toast Doughnuts
Coffee Cocoa Milk

Luncheon
Cheese Custard
Canned Beets
Buckwheat and Cornmeal Muffins
Apples Baked with Almonds
or Dates
Cornflake Macaroons

Dinner
Fried Fillets of Fresh Fish,
Sauce Tartare
Mashed Potatoes, Cauliflower, Cheese Sauce
Pumpkin Pie
Half Cups Coffee

SATURDAY

Breakfast
Cream of Wheat, Top Milk
Haddock-and-Potato Hash
Pickled Beets
Cornmeal Griddle-cakes
Coffee Cocoa Milk

Luncheon
Beans Baked with Sausage
Homemade Pickles
Boston Brown Bread
Baked Tapioca Pudding,
Vanilla Sauce

Dinner
Hamburg Steak with Sprouts
Baked Sweet Potatoes
Celery
Oatmeal Cracker Cake
Stewed Figs

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Menus for Thanksgiving Dinner

I

Oyster Soup
Celery Mustard Pickles
Baked Ham
Mashed Potatoes
Sweet Potatoes, Southern Style
Brussels Sprouts, Buttered
Cider Apple Sauce
Quick Ryemeal Rolls (yeast)
Pumpkin Pie
Cottage Cheese Balls
(rolled in chopped nuts)
Coffee

II

Lamb-and-Tomato Soup (not thickened)
Wheatless Crackers
Celery Olives
Roast Chicken, Bread Dressing,
Giblet Sauce
Mashed Potatoes
Squash
Sweet Pickled Peaches or Pears
Cranberry Tarts
Fig Ice Cream
Coffee

III

Bouillon
Panned Chicken
Corn Fritters
Sweet Potatoes, Southern Style
Lettuce and Sliced Oranges, or Pineapple,
French Dressing
Pumpkin Pie
Young America Cheese
Coffee

IV

Oyster Chowder
Mayonnaise of Chicken and Celery
Quick Ryemeal Rolls (reheated)
Maple Parfait
Macaroons
Dates Stuffed with Nuts
Coffee

V

Fresh Fruit Cocktail
(grapefruit, white grapes, pineapple)
Oyster Croquettes
Celery and Cabbage Salad
Roast Turkey, Chestnut Stuffing
Cranberry Sauce
Mashed Potatoes
Boiled Onions, Buttered
Baked Indian Pudding,
Vanilla Ice Cream
Raisins Nuts Coffee

VI

Sardine Canapés
Roast Chicken
Mashed Potatoes
Onions Stuffed with Ham
Cranberry Jelly
Celery-and-Green Pepper Salad
Squash Pie
Cottage Cheese
Salted Butternuts or Black Walnuts
Coffee

VII

Clam Broth
Spare Rib of Pork, Roasted,
Bread Dressing
Apple Sauce
Potatoes Scalloped with Peppers
Squash Onions
Cranberry Pie
Dates Stuffed with Nuts
Coffee

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The Housekeeper's Notes for November

By Janet M. Hill

IN wandering about the country a little, one comes across the most pitiful attempts at cooking. To be restricted, somewhat, in the use of fine flour is no excuse for poor bread. Certainly one should be able to make some form of bread, largely of substitutes if necessary, that the family will really enjoy. Boston brown bread is seen in various public places, on dining cars, even at hotels and on the tables in private homes, so heavy and unpalatable that even the pangs of hunger do not force one to partake of it. This same kind of bread we have seen turned out in such a manner that, set on a table, side by side, with a perfect loaf of fine white flour, no white bread would be eaten so long as a slice of the dark bread remained on the plate. Sour milk, or whey, is the first essential to a good loaf of this variety of bread. Two cups of meal (one, each, of corn and rye), with one cup of any flour, save potato, is probably as good a mixture as can readily be secured. Rye meal gives a sweetish tasting loaf. Individually, we have never tasted any but good, sweet rye meal, but there are cooks who find it bitter. Let them try buying meal of another grocer, for bitter rye meal is the exception, and not the rule.

When making yeast bread with substitutes try using a little more yeast than is commonly employed, and if part meal enters into the loaf, mix it a little less stiff than usual.

In New England there has been a great increase in the number of pigs kept; in country places they have roamed in wide, inclosed pastures; kept well-fed and clean the flesh cannot fail to be sweet and wholesome. Most of the boys who joined "pig clubs" have brought their venture to a successful issue, and can show pigs of fair size and weight. With the usual November weather, the pig's supply of green food from the garden being exhausted, the boys of the "pig clubs" will quite generally consider the advisability of transforming pig into pork. If possible, it would be well for the boys to carry their venture still further along, exchanging care and feeding of pigs to care and cooking of pork; for it is true that, under normal conditions, that individual is happiest who knows how to do the largest number of things well.

To be wholesome, pork must be thoroughly cooked; on this account searing over the outside of a roast is largely dispensed with, lest the heat do not penetrate to the very center of the joint. Long, slow cooking of these carefully reared pigs will give dishes tender as chicken and juicier than most turkeys; they are well worth a place as the central figure on any Thanksgiving table.

The flavor of chicken may be extended to all sorts of cheaper foods, to enrich them and make them more desirable. The bones of a roast fowl, and the tiny "left-over" bits of flesh are full of possibilities for another meal. By all means look out for the chicken feet; throw them into boiling water, let stand a minute, then rinse in cold water and peel off the skin and nails; now they are in good condition to add to other material for stock.

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Stock thus flavored will improve any cream soup, as celery, spinach, corn, cauliflower or carrot, or will give richness to a dish of rice, macaroni, etc.

Purées and cream soups are too substantial for the beginning of a dinner. They are quite well adapted to figure as the hearty, or main dish at luncheon or supper. A soup, with a meat foundation, can scarcely be called patriotic at this time. Why is not the present a most favorable time to experiment a little with appetizers in the form of sardines, anchovies or tunny or even canapés of smoked tongue, eggs or a combination of several tidbits?

If the quantity offered be very small, the appetizer might simply whet the appetite for what is to follow; if made a trifle larger, it might serve to take off the keen edge of the appetite, and render a smaller service of the chief and more expensive dish of the meal sufficient. These appetizers need not cost much in money, but time is quite an essential item in their preparation. Tunny fish is now canned in this country; it is put up in oil. The flesh is firm, similar to that of the cod; the flavor is delicate; as purchased it resembles cooked veal. It is most excellent as an appetizer. After being marinated in French dressing, it is drained and served, cut in slices with a few capers, or as shown in the illustration in Seasonable Recipes. It is also served hot in tiny, individual, soufflé cases or papers. Cheese is usually added (grated) to the body of the soufflé, or with buttered crumbs to the top of the dish.

Now is the time to dry all superfluous celery leaves for use in those months when fresh celery is unobtainable.

To be true to tradition, pumpkin pie must form a part of the Thanksgiving dinner. It takes a long time to cook pumpkin properly. Squash, especially if it be of good quality (dry and mealy), will cook in half an hour, or even less, but pumpkin, being of a watery nature, calls for long, slow cooking. When done, all the water should have been absorbed; to discard this is to lose the valuable part and leave the fibres, only, for eating. Whole wheat flour, with barley or rye flour, half and half, will make good pastry, and one as easily handled as that made entirely of fine, white flour.

When cooking pumpkin for the Thanksgiving pie, it is a saving of time and fuel to cook the whole pumpkin. This may be done in a fireless cooker, or, if a fire is necessary the whole day, on an asbestos mat on the back of the range. Store such portion as will not be required for a week in cans; adjust the rubber rings, partially seal and let cook in canner, steam cooker or other boiler, as in "cold-pack" canning, nearly an hour, then finish sealing. If a can of pumpkin be left over till next June or July, when products from the home garden are limited to lettuce, radishes, peas, asparagus and strawberries, a pumpkin pie will prove an unexpected and welcome addition to the family table.

Viewpoints!

Awful, deplorable, terrible, sad,
Stupid, uncivilized, people gone mad!
Wail the poor Pacifists, shaking their heads,
Tearing the nation's fair honor to shreds,
Why should we try to adjust any scores,
Till the dread foe really reaches our shores?

What a fine world this would be, to be sure,
If all the robbers and thieves could allure
Us to believe they were doing their "BIT"
To better the world by the crimes they commit!
You may believe it; for some people will.
Some think the world's made of green cheese still!

Selfish, unreasonable, blind as a bat,
Clearly refusing to see where we're at,
Liberty threatened and principles, too,
Still they insist on their own point of view!
But the majority, loyal and true,
Back Mr. President, I do — do you?

Caroline Louise Sumner.

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One Plate Dinners

WHILE these one-plate dinners may be served as a full meal, in most cases the dinner would be more complete and satisfactory, or better balanced, if it were accompanied by a green vegetable or raw fruit, and usually with some form of bread.

BOSTON BAKED BEANS
BEANS BAKED WITH SAUSAGE
FRESH FISH CHOWDER
OYSTER CHOWDER
CORN (Canned) CHOWDER
PORK PIE
SUCCOTASH (salt pork, corn, beans)
BEAN LOAF
NUT LOAF
ROUND STEAK EN CASSEROLE
NECK OF VEAL, OR LAMB EN CASSEROLE
FOWL EN CASSEROLE
PLANKED FISH
PLANKED STEAK
PLANKED CHICKEN
CHILI CON CARNE
MEAT STEW (veal, lamb, beef or chicken) WITH DUMPLINGS
MACARONI À LA MILANAISE
RISOTTO ALL' ARTIGIANA
(rice, meat, onion, celery, carrot, sausage, etc.)
MEXICAN HAM
SPANISH STEAK

The Camouflage Luncheon

By Carolyn Munser

"OH dear, what shall I do?" poor Janet Danvers wailed as she looked about at her well-assorted collection of substitutes.

Janet had been married thirteen months, and two months before her marriage had received her diploma, with honors, at the Shelton School of Domestic Science.

Her appeal of anguish was addressed to her favorite teacher of S. S. D. S., and brought a smile of mild reproach to the face that beamed with boundless resourcefulness and humor.

"You know I was never any good at originality at school, and you should not smile at me in that way," she expostulated. "I won my honors on my exactness and class-room brilliancy, but that does not seem to help me in this dilemma."

Miss Knoles nodded her head thoughtfully and replied, "All that may be very true, but you should have acquired enough originality to have used some of these substitutes."

"Well, you see Ned just hates conglomerate dishes, and he said to just use the wheat and we would give the substitutes to some poor people, or to Jennie's

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hens, but that seemed wasteful to me, and now here they are, and we shall soon be without wheat at all, and I have not been willing to use part substitutes! Dear me, you just must help me out," and she burst into tears.

"I imagine there are many people like you, but you should have been patriotic enough to foresee the outcome and meet the situation, but that is not the question; I cannot stay longer than a week, and we must make haste while I am here."

"What a shortsighted, unpatriotic, educated fool I have been," Janet expostulated. "I'm so ashamed, and we thought we were so patriotic, buying Liberty Bonds and Thrift Stamps and giving to the Red Cross and knitting; and now I can see that this was not enough, for the wheat we have eaten can never be reclaimed, and we have been helping Kaiser William all the time; for our influence has not been in the direction of Hooverizing!"

"Hindsight is usually better than foresight, or the government would have heeded injunctions to prepare for war years ago, but if you can speed up in using substitutes as well as the government has done, you may ease your conscience somewhat," comforted Miss Knoles.

"I suppose there is no use crying over spilled milk or used wheat, but I am truly ashamed of myself, and now you must fast on wheat, when we might have had a little to use, if I had not been so greedy."

"Well, to return to the point, as professor Gregg used to say in chemistry, what are you going to have for luncheon?" Miss Knoles questioned.

"Well, if I could have my own choice of dishes, those that Ned likes best, I would say, cream of asparagus soup, wheat muffins, omelet, olives, strawberries and angel food, but that means wheat, wheat, wheat, and will never do."

"Why not?" and Miss Knoles deftly fingered the substitutes, "here is rice flour to thicken the soup with; barley flour for muffins and potato flour for angel food; let us get to work. Where are the eggs?"

"But suppose Ned does not like the dishes, and not a bit of wheat in anything?" Janet hesitatingly questioned.

"He's a soldier and might as well succumb to substitutes one time as another; don't mention substitutes to him, and see if he makes any comments on the Hoover luncheon."

Janet caught the enthusiasm of her instructor and hurried to the ice box for the eggs.

"Here's some cooked rice Ned spurned yesterday; it's too starchy, he said."

"Good, bring it here; if that is his complaint always cook it in plenty of water, and drain off the water and the rice will be nice and flaky."

"But that seems a waste of starch water," Janet offered.

"Why not use the rice water for hasty pudding; cook it all day in the fireless, and see if the result is not satisfactory; but this rice will do for the omelet, and make it possible to use less eggs."

"Won't it be too starchy?" Janet asked.

"The flaky rice would be better, and this could be nicely used in making bread;" she looked at the clock, "suppose we cook some fresh rice for the omelet, there is plenty of time."

"And I'll make the hasty pudding for luncheon tomorrow, but we'll have to have some substitutes, for Ned will never eat more than a tablespoonful of it; but is there time to cook and cool the rice?"

"The rice is better cooked in plenty of water for a long time, as you know, but in an emergency we can cook it rapidly and watch it carefully," Miss Knoles advised.

Fingers and tongues flew as teacher and pupil prepared the luncheon dishes. Janet learned many things about cooking that the war conditions had compelled Alma Mater to heed in their practical work of the class-room.

At just one o'clock Janet, Ned and their honored guest sat down to the care-

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fully planned repast, and Janet noted that each dish was greeted by her better half with a keen relish. She exchanged knowing glances with Miss Knoles, as they were about to arise from the table, and at the same moment Ned exclaimed, "Well, that was the best luncheon ever, and probably about the last wheat luncheon, girlie, as the papers say no more wheat; what now?" and he sighed rather unpatriotically.

"Did you really like our Camouflage luncheon, à la Hoover?" inquired Janet sweetly.

"What do you mean? I had enough to eat, and you never introduced any substitutes into these delectable dishes, I know!" and he shook his head with masculine decisiveness.

"Ask Miss Knoles, she is responsible for the 'camouflage,' but remember this is not the last of its kind, for I have learned lots this morning, and we are going to be patriots in real earnest now; three meals a day and between meals, amen!" and Janet spoke with an eager decisiveness that could not be surpassed by her husband, and which made Miss Knoles feel inwardly that there was no "camouflage" in its earnestness.

P. S.—Would you like to try the recipes? Here they are.

Cream of Asparagus Soup

One-half cup cooked asparagus. One half cup of the asparagus water, and one and one-half cups of rich milk, heated and thickened with two level tablespoonfuls rice flour. Salt to taste, and add a small piece of butter when ready to serve.

Barley Muffins

One egg, one-fourth cup brown sugar (less can be used). One-half cup milk. Salt, one cup barley flour sifted; bake in muffin tins. This amount will make six muffins.

Rice Omelet

Two eggs, beaten well, whites and yolks separately; pinch salt; one-half cup cooked rice. Beat yolks into whites with wire egg-beater, and then fold in the rice, and cook in omelet pan until set.

War Angel Food

Whites of six eggs, thoroughly beaten; three-fourths cup sugar, added gradually, pinch salt and four drops vanilla; one-half cup potato flour, folded in last; bake in fireless cooker one hour.

When the Children Went to the Shore

I missed our next door children
When they were at the shore,
I missed their voices and their play,—
The yard was quite a bore.

One day I went into their house,
Upon an errand bound,—
O, every thing was strangely still,
You could not hear a sound.

I came home through the big, back hall,
And there, on pegs quite low,
I saw the children's old play coats —
All hanging in a row.

Molly's old brown corduroy,
Betty's faded blue,
Jean's and Martha's chubby coats,
And Jack's gray ulster, too!

They looked so wondrously at home,
So friendly and so dear,
I patted each and ran away —
My throat a-feeling queer.

Our next door children love the shore,
The water and the boats,
But I was glad when they came home,
To wear their old play coats.

Clara Seaman Chase.

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Contributions to this department will be gladly received. Accepted items will be paid for at reasonable rates.

The Pleasure of Mutual Dependence

WHEN a country woman came to my door offering to sell jars of fruit she had canned, I recognized here was one who had hit upon the right thing. She had to have money, made by her own hands in her own kitchen, and she had brought us city women what we had to have. She brought us what we wanted — for the home-canned peach, for instance, is quite another thing from the factory-canned.

Consider a woman who must prepare the breakfast, get her husband off to business, and then be ready to take the eight o'clock car for her own office, where she must remain all day. What time, or chance, has she to preserve or conserve, or serve in any way, but the way appointed by her profession? For her another woman must can and dry and pickle and preserve, and provide against winter's need. And how it warms the heart to think of it! — the one with brain taxed to its highest tension, comforted, when she remembers, by the thought of the other busy in her country kitchen, using utmost care and skill, that the work she turns out be as perfect as she can make it, when it shall be delivered, What arrangement could be lovelier? It brings such a pleasant feeling on the one hand, of having the home interests taken care of, and on the other, of a little independence. It is so friendly and neighborly — business woman and country home-maker brought to help each other, and to the exchange of personality a little mutual dependence brings about.

She who has her residence in an uptown apartment is supposed to be able to command the best of any market. Yes — but there is a "homey-ness" about the things canned in a country kitchen, and a difference of taste and flavor; and a something the heart, with the home-making instinct, craves and finds gratified in the jar of sweetmeat for supper taken from among the rows on the pantry shelves. With what a friendly touch it is brought forth and opened, with thought of the hand whose work it was!

And the matter of glass jars is one we must not forget, — they cost more than they ever did, and are harder to get. Emptied, they are of no use to us — why not turn them right back, as the contents are taken out? Or, at least, as promptly as may be, that they may be ready for use again. So many people are careless about fruit jars and jelly glasses, and seem not to remember that what is useless now to them will be necessary a little later on to those who can, — and to themselves, in time, as they will come back. Thoughtfulness or thoughtlessness, as the case may be, means a good deal more than, in our busy absorption, we realize, perhaps.

One woman I have the good fortune to call friend, whose skill in conserving exceeds her facility for catching and holding, sends me always, at Thanksgiving, a very excellent fine-ground mixed pickle — it comes one year in a Heinz pickle jar, another in a salad bottle of some kind, again in some sort of wide-mouthed jar, that may have held pre-

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served ginger, — but always something different. Which suggests to me that all the usable bottles, that accumulate in my pantry, can be used again by my friend; and if by her, then by others.

And I say to myself what I think others must be saying to themselves — These friends, who are doing for us what we cannot do for ourselves, let us be as thoughtful for them as we can; and be on time with our thoughtfulness. Let them have the jars and the jelly glasses, and the big, wide bottles, as we are through with them — spare them the anxiety for their depleted stock, and let them have betimes the satisfaction of knowing that when the season opens again they are ready for business. F. L. T.

* * *

Canning Pimientos

PERHAPS no member of the numerous pepper family has come more rapidly into favor within the past few years, than the pimiento — shortened to pimento by our impatient English tongues.

A field of pimientos is a beautiful sight, as there are white blossoms, green and ripe fruit all on the same plant. Near Garden Grove, California, a thousand acres of these trim plants, with their glossy green foliage and beautiful crimson fruit, are grown, and pimiento culture seems to be rapidly spreading to meet an ever increasing demand.

The pimiento is about the size and shape of the Bell pepper, but is smooth surfaced, and without the Bell pepper's deep convolutions.

Two or three crops can be gathered from the plants during the season, which ordinarily lasts from September until December in southern California.

Recently, I visited a factory at Santa Ana, California, where only pimientos were being canned, and this one establishment is turning out an average of fifty thousand cans per day. The peppers are hauled to the factory in wagon loads and car lots, and the large output is very good evidence of the growing popularity of this condiment.

The process of canning is a rather simple, though interesting, one. The pimientos are first put through a weak solution of caustic soda, which can be heated much hotter than water before reaching the boiling point. Down goes a steady stream of crimson peppers into this vat, and are brought up again by the conveyors to be dumped into another vat of cold water. This process loosens the skin, and from this bath the peppers travel on the seemingly endless carriers to the next stopping place, where the women workers remove the skin and seeds. The skin slips off like a loose glove, and the ends are cut out and the seeds removed with one dexterous movement of the worker's sharp knives.

The peppers then journey on to the place where they receive their first cook ing. They are now ready to be packed into the cans, a process that requires some skill in tucking the thick fleshed, slippery things neatly and compactly into their receptacles.

The next stage is having the lids clamped down on the tins by a machine for that purpose, and they are now ready to be lowered into great vats of boiling water for the final cooking. When cool the cans are carefully inspected, to see if any are not properly sealed, and then they pass through the labeling machine, which is the last stage of the game. D. P.

* * *

A Pretty Dinner

Cooked and Served by a Young Housewife

CUCUMBER cups, holding crab salad, set on sliced tomato in ring of shredded lettuce; French dressing.

Creamed sole in green pepper cases.

Meat balls, the size of very large marbles; garnished on platter.

Two whole cauliflower, mounded in center of another platter with ring of carrots, cut in fine straws. These were boiled separately, and when arranged

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were covered with cream sauce, and the cauliflower sprinkled with fine-chopped parsley. This makes an ornamental dish and also two vegetables are easily served.

DESSERT

A silver basket of peaches, pears, bananas, and grapes.

Black coffee

The cucumber rinds were pared in strips to give a pretty effect.

The sole cost only seven cents a pound, if the skin was left on, and fifteen if skinned and filleted. The young housekeeper decided to buy at seven cents, and creamed the fish instead of frying it. To keep the pepper cases in shape, she set them in muffin pans to cook after filling.

It was Friday, hence both crab salad and a fish course.

A Sugar-saving Confection

STONE some prunes, if very dry, either steam or soak them before stoning.

Cook in the oven with a bit of butter on each, and a little vanilla. A sprinkling of sugar is an improvement, but must be omitted in war time.

After cooking a short time, in a moderate oven, remove from the oven; let cool and roll in shredded cocoanut.

Serve these at the table, or pack in boxes for a pleasing present. Use dates in the same manner. J. D. C.

* * *

AFTER making the molasses hermits in the November, 1917, issue of AMERICAN COOKERY, I had, always, one egg-white left over, which had to be used in some way. At last I conceived the idea of using it in either one of these two recipes, and, also, conserved the heat of the oven.

1st Way — Cocoanut Drop Cookies

2 tablespoonfuls Cottolene or Crisco
½ teaspoonful salt
½ cup sugar
1 teaspoonful vanilla
1 egg-white, beaten stiff and added last
¼ cup milk
½ cup pastry flour, ½ cup barley flour — sifted with 2 teaspoonfuls baking powder

2nd Way — Jelly Meringue Crackers

Beat the white stiff and add one tablespoonful of sugar. Spread rather thick on common crackers, and drop in the center of the meringue one-half teaspoonful jelly or jam. Brown in a moderate oven.

I inclose, also, a recipe for

Peanut Butter Cookies

½ cup peanut butter
½ cup sugar
1 egg
½ teaspoonful salt
2 tablespoonfuls milk
½ cup pastry flour, ½ cup barley flour — sifted with 2 teaspoonfuls baking powder C. F. S.

* * *

For Thanksgiving

A CARD, on which was written the following questions, was placed at each plate at a Thanksgiving home dinner, and was found very amusing:

1. By what part of me could I be called had I a name?
2. What part of me foretells your fortune?
3. What part of me was specially prized by your great-grandmother?
4. What part was only less prized?
5. What part of me is that never seen of a soldier in battle?
6. What part of me is wanting in man at Thanksgiving?
7. What part of me suggests martial music?
8. What part of me is highly esteemed by the epicure?
9. What part of me is the divine right of the chosen?
10. What have I that is possessed by no other creature?

ANSWERS

1. Bill.
2. Wishbone.
3. Tail (turkey tail fan).
4. Wing (duster).
5. Back.
6. Heart.

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7. Drumstick.
8. Liver.
9. Breast.
10. Gobble.

The card should bear the picture of a turkey. F. L. T.

* * *

Buying Daily Food for the Family

The following "Rules to follow when War Prices prevail" are issued by the United States Food Administration, Washington:

MILK

1. Set aside enough money to buy one quart of milk a day for each child and one-third quart of milk daily for each grown person.

Cheese will do for grown people in place of milk — a scant two ounces of cheese for one-third quart of milk.

Skim milk has nourishment for grown people; it is not so good fare for children, but one-half the child's daily quart may be skim milk if necessary.

If any one has to go without milk, it must not be the children.

FAT

2. Buy two to three ounces of some fat for each grown person.

Children who are getting a quart of whole milk, daily, do not need as much other fat.

Butter is the best fat, especially for little children.

SUGAR

3. Buy only sugar enough to make the meals palatable; it is not needed for food.

One and a half ounces, or about three level tablespoonfuls daily of sugar, honey, molasses, or syrup for each person is enough. Not more than one ounce of this should be in the form of sugar.

Spending more than necessary for sugar, when the purse is low, cuts off the family from other food more nourishing.

FRESH VEGETABLES

4. Buy each day potatoes and one other vegetable — cabbage, onions, carrots, turnips, beets, or the like.

Children may have daily two or three medium-sized potatoes, and one-fourth pound or more of some other vegetable.

Grown persons can eat daily six to eight medium potatoes and one-half pound or more of other vegetables.

CEREALS

5. Buy no more wheat than the Food Administration directs. For other cereals use rolled oats, pinhead oatmeal, corn meal, hominy, barley, rice, and buckwheat.

Flours, meals, and breakfast foods made from the entire grain are more desirable than the others. These include water-ground corn meal, rolled oats or oatmeal, and cracked wheat.

Dried peas and beans and plenty of potatoes make less bread necessary.

FRUITS

6. Give every member of the family a little fruit every day.

Apples, fresh or dried, dried prunes, and raisins are among the cheapest fruits.

VARIED DIET

7. All that is necessary to keep the family alive and well is told in the above list of foods; if more is spent, it may give variety and better flavor to the meals.

If the family purse allows, —

Fish may be added.

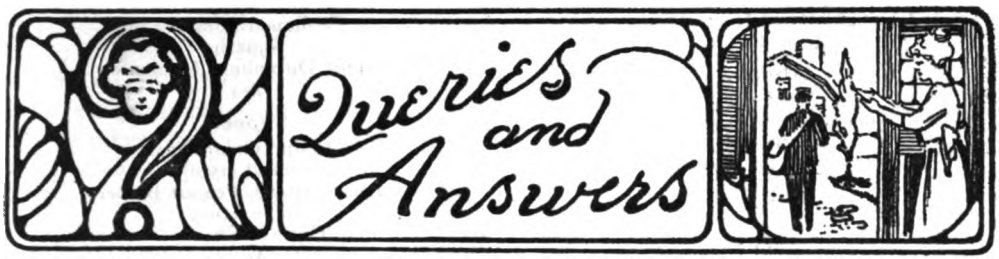
Meat may be added.

Eggs may be added.

More may be spent for milk, cream, butter, cheese, fruits, vegetables, fats, and sweets.

The first six rules provide a plain, but safe diet for the family; additions may be pleasing, but are no more wholesome.

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THIS department is for the benefit and free use of our subscribers. Questions relating to recipes and those pertaining to culinary science and domestic economics in general, will be cheerfully answered by the editor. Communications for this department must reach us before the first of the month preceding that in which the answers are expected to appear. In letters requesting answers by mail, please enclose address and stamped envelope. For menus, remit $1.00. Address queries to Janet M. Hill, Editor. AMERICAN COOKERY, 221 Columbus Ave., Boston, Mass.

QUERY No. 3988. — "Recipe for an old-fashioned Baked Indian Pudding, made without eggs, and enriched with beef suet."

Baked Indian Pudding with Beef Suet

Scald one quart of milk in a double boiler. Mix half a cup of Indian meal with a teaspoonful of salt and one cup of cold milk, and stir into the hot milk; continue to stir until the mixture thickens, cover and let cook ten minutes; add one cup of molasses, half a cup of fine-chopped suet, half a teaspoonful of ground ginger, one teaspoonful of ground cinnamon, and one cup of cold milk; mix and turn into a baking dish. Let bake in a slow oven half an hour; add two cups of cold milk, and let bake half an hour; again add two cups of milk, stirring it in well; after half an hour, a third time, stir in two cups of cold milk, then let bake undisturbed three hours longer. Serve hot or cold with plain cream or ice cream. The recipe calls for three quarts of milk in all.

QUERY No. 3989. — "Proportions of the ingredients mentioned in recipe for Japanese Suey-Dressing for 'Sundae,' to serve fifteen people."

Japanese Suey-Dressing for 15 Sundae

2 ounces dates
2 ounces figs
2 ounces raisins
2 ounces nut meats (½ cup) pecans or walnuts
2 ounces almonds
¼ cup maple syrup
1 cup marshmallow paste

Chop each article, separately, very fine; blanch the almonds before chopping. Mix all the ingredients together, and let stand overnight to ripen.

QUERY No. 3990. — "On page 52 of the AMERICAN COOKERY for June-July, in referring to a 'Washing Fluid,' potash is called for. Just what is meant by potash, and in what sort of a store may it be obtained?"

Potash, What It Is and Where Obtained

Potash or lye for household use is put up in tin cans holding a pound. It is usually to be found at any store where groceries are obtained. The washing fluid, as compounded by the recipe, must make a very strong preparation. The quantity of potash given with five pounds of grease would make quite a large box of soap. We think this washing fluid should be used with great caution. It should not be poured on the clothes, but into the water, and be mixed thoroughly through the water before the clothes are added. We should not be *willing to guarantee that it would not fade colored clothes*. We see no reason for the use of anything as strong as this compound when laundering colored clothes.

QUERY No. 3991. — "Menus composed of good substantial food, for Men, costing 50 cents per day, per man."

Menus for Men 50c Per Day

Breakfast

Oatmeal, Milk
Salt Pork, rolled in flour, Browned Slowly
Potatoes Cooked in Milk

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Doughnuts or Johnny Cake
Coffee

Dinner

Beef Stew
(onions, carrots, potatoes)
Bread
Pumpkin or Apple Pie
Cheese
Tea

Supper

Boston Baked Beans
Boston Brown Bread
Homemade Pickles
Gingerbread
Tea

Breakfast

Salt Codfish Cakes
Bread Oleomargarine
Cornmeal Mush, Fried
Molasses
Coffee

Dinner

Boiled Corned Beef
Boiled Potatoes, Turnips
Boiled Cabbage
Baked Indian Pudding
Coffee

Supper

Cream of Celery Soup
Potato-and-Carrot Salad
Rye Bread
Apple Sauce
Ginger Cookies
Tea

Breakfast

Oatmeal Milk
Corned Beef-and-Vegetable Hash
Pickled Beets
Hot Breakfast Corncake Cold Bread
Coffee

Dinner

Boiled Fresh Codfish
Drawn Butter Sauce
Boiled Potatoes
Creamed Cabbage Baked with Cheese
Homemade Pickles
Baking Powder Biscuit (50-50)
Coffee

Supper

Canned Corn Chowder
Boston Brown Bread
Hot Gingerbread
Cottage Cheese
Tea

Breakfast

Hot Cornmeal Mush, Grated Cheese
Fresh Fish and Potato Hash
Tomato Catsup
Graham Muffins
Coffee

Dinner

Tripe Fried in Crumbs or Batter
Scalloped Potatoes
Squash
Apple Dumpling, Molasses
Tea

Supper

Potato-and-Onion Hash
(omelet style)
Oatmeal Bread, Peanut Butter
Apple Sauce
Cottage Cheese
Tea

Regarding Preceding Fifty Cent Menus

Prices vary so much in different sections of the country, that money goes farther in some sections than in others. Cost of labor is not included in the menus suggested. In most places, if one food product is high in price, some other product is sold less than the average price. In the country milk, eggs and country beef may be bought at first hand, and are thus cheaper than in the city. More depends on the skill of the cook than on the money expended. Let each woman employed in feeding a group of people make a business matter of her work; let it engross her attention. To run an engine successfully, some one "stays by it" all of the time, oiling here, wiping there, regulating the intake of fuel, etc. To make the food output of a kitchen a success, the one in charge must be scalding this article, drying another, extracting fat from left-over scraps, watching the paring of apples and potatoes, regulating the fire to the needs of the various articles that are being subjected to it, and, with all this, keeping a level head.

QUERY No. 3992. — "Can the usual Boiled Frosting, when sticky, be treated in any way to make it dry on top?"

To Harden Boiled Frosting

Try boiling the syrup longer before pouring it on the egg-white. When finished and cooled somewhat, if the frosting shows no tendency to crust over, return it to the fire in a double boiler, the water in the lower part of which is boiling rapidly. Turn the frosting over and over

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until it is very hot throughout and thickened perceptably. The method of making boiled frosting, given on page 46, ("Time-Saving Frosting"), of the June-July number, 1918, is well worth trying. Syrup of any variety or honey may replace the sugar; in using syrup or honey use a scant two-thirds a cup and no water. Syrup or honey will not, however, give a frosting with a crusty exterior. After a frosting has been put on a cake we know of no way to stiffen it.

QUERY No. 3993. — "In Bread Making, how may one know when Sponge is light enough for the addition of flour, etc?"

To Determine Lightness of Sponge

A sponge made with yeast is light enough to use when it is full of bubbles, or well puffed on the edge. Its appearance varies with its density. A thin sponge, when light, shows bubbles; a sponge made with more flour will look puffy, and will be porous when cut down into. The bakers say a sponge is ready to use when it is "on the drop." That is, the batter has risen as high as it can (no more flour to be acted on by the yeast plants), and is ready to drop or fall at the center, possibly has dropped a little.

QUERY No. 3994. — "How may one determine when Bread Dough, shaped into loaves, is ready to bake?"

Bread Ready to Bake

Bread dough is ready to bake when the dough in the pans has nearly doubled in bulk.

QUERY No. 3995. — "How can one decide that a Loaf of Bread is Baked?"

When Bread is Baked

A loaf of bread, made with one cup and a quarter of liquid, and set to bake in the ordinary brick-shaped pan, should remain in the oven from fifty to sixty minutes. It cannot be baked properly in less time. When baked, it will not stick to the pan, but shrink from it. It will feel light when taken up in the hand. If a loaf is shaped in two pieces, it may be broken apart and tested; if done, the crumb will fly back in place when pressed upon with the finger.

QUERY No. 3996. — "How may a Loaf of Bread be Baked to insure a thin crust?"

How to Secure Bread with Thin Crust

Too much heat will occasion a thick crust. At the end of the first fifteen minutes of cooking the loaf should be crusted over just enough to stop further rising. If it be browned over during this time, the crust will be thick.

QUERY No. 3997. — "How high should a Loaf of Bread rise after being set into the oven?"

Height of Bread When Baked

At its highest point a loaf of white (wheat) bread is often as high above the edge of the pan as the bottom is below it. Bread containing substitutes does not yield so puffy and high a loaf. The bubbles of the crumb of any variety of bread should be uniform in size and small.

QUERY No. 3998. — "Recipe for Bread made with Potatoes."

Potato Bread

- 2 cups scalded milk (or part water)
- 1 tablespoonful syrup
- 2 tablespoonfuls shortening
- 1 teaspoonful salt
- 2 cups boiled and riced potatoes
- 1 cake compressed yeast
- ½ cup lukewarm water or milk
- about 6 cups wheat flour

To the scalded milk add the syrup, shortening, salt and potato; when lukewarm add the yeast mixed with the half-cup of lukewarm liquid and stir in the flour; knead until smooth and elastic, cover and set aside to become light, — shape into two loaves. When again light bake about one hour.

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QUERY No. 3999.—"Recipe for Spinach served in a mold, and give dishes to be served with it."

Spinach Timbales

1 cup dry spinach purée
1-3 cup grated bread crumbs
2 whole eggs
1 egg-yolk
½ teaspoonful salt
½ teaspoonful pepper
2 tablespoonfuls melted butter
½ cup milk

Drain the cooked spinach, then press through a sieve; add the butter, the eggs, beaten without separating the whites and yolks, and the other ingredients. Turn into buttered molds and bake as usual. Serve with cream, drawn butter, tomato or Hollandaise sauce. This will make eight timbales. Butter the timbale molds thoroughly; put little rounds of paper in the bottom of each mold and butter them; the paper will adhere to the mixture, and insure unmolding in good shape. Serve as an entrée after any fish or meat dish at dinner, or with rolls as a luncheon dish.

Timbales of Spinach, Filippini

Remove coarse stalks and waste matter from two quarts of spinach; wash thoroughly, changing the water many times. Add salt and let boil ten minutes. Boiling water may be added when the spinach is set to cook, or it may be cooked in the water that clings to it by turning the spinach over frequently; drain in a colander, pressing out all of the water. Chop very fine; add half a teaspoonful of salt, half a teaspoonful of sugar, half a teaspoonful of white pepper, one-fourth a teaspoonful of grated nutmeg and three yolks of eggs; set over the fire and stir constantly, while the mixture heats a little. Turn into buttered timbale molds (a tiny round of paper should be set in the bottom of the molds before they are buttered), set the molds in a pan of boiling water, and let cook about ten minutes. Serve with rich brown sauce, to which a tablespoonful of liquid from a mushroom or truffle bottle has been added.

Mold of Vegetable Macedoine With Spinach (Cold)

1 cup liquid aspic
2 hard-cooked eggs
2 cups spinach purée
½ cup Bechamel Sauce
1 tablespoonful granulated gelatine
¼ cup broth
½ teaspoonful salt
¼ teaspoonful pepper
1 teaspoonful lemon juice
½ cup macedoine of vegetables

Decorate a mold with the eggs. Asparagus tips, truffles, or figures cut from slices of carrot may be used with the eggs. The eggs may be cut in slices, or in halves, crosswise, and these halves cut in triangular shapes. Before decorating the mold, chill part of the aspic in the bottom and use the rest to hold the decorations in place. Soften the gelatine in the broth, and dissolve in the sauce (made hot). Add the other ingredients, stir till beginning to set, then use to fill the mold. Serve with lettuce and French dressing. Less spinach purée may be used, and then a more delicate dish is made. Rolls or sandwiches accompany the dish served at luncheon.

Cold Mousse of Vegetable Macedoine with Spinach

When the above mixture begins to set, fold in from half to a full cup of cream, beaten firm, and turn into a mold.

Spinach Soufflé

Melt three tablespoonfuls of butter in a small saucepan, and stir in three tablespoonfuls of flour, one-fourth a teaspoonful, each, of salt and pepper, and, gradually, one cup of cream or rich milk. Add one cup of cooked spinach, pressed dry and passed through a sieve, and the yolks of three eggs, beaten until thick. Then fold in half a cup of grated cheese, Parmesan preferred, and the whites of three eggs, beaten dry. Bake in a buttered dish, standing in hot water, about twenty-five minutes, or in individual dishes about twelve minutes. Half a cup of soft, sifted bread crumbs and a tablespoonful of grated cheese, stirred into one-fourth a cup, or less, of melted butter, may be spread upon the top before baking.

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The Thanksgiving Dessert

MAKE steamed oat flour pudding your dessert for the feast of the home-coming day and you will give the boys a dessert worthy of them and of you. Light and spicy, with a creamy sauce as delicious as nectar; yet the recipe strictly conforms to the Government's conservation plans. In its making Crisco has a most important part. The directions are found nowhere else. Clip them for your Cook Book.

CRISCO
For Frying—For Shortening
For Cake Making

Crisco is a wholly vegetable product, the solid cream of sweet, edible oil. It is tasteless and odorless. It is so rich and delicate that you cannot go amiss in using it in all puddings and sauces in which you have been accustomed to use butter. Airtight, sanitary packages, one pound and upward, net weight. Costs about the same as fat sold in bulk, unprotected from impurities. Try it.

Steamed Oat Flour Pudding

A New Recipe Tested and Approved by Good Housekeeping Institute, Mildred Maddocks, Director.

¼ cupful Crisco
½ cupful molasses
1 egg, beaten light
½ cupful milk
2 cupfuls oat flour
1 teaspoonful salt
2 teaspoonfuls baking powder
1 teaspoonful mixed spices
1 cupful raisins

Use accurate **level** measurements

Cream the Crisco, add the molasses, egg and milk. Sift together the dry ingredients and stir into the first mixture, add the raisins. Steam in a Criscoed mold two and one-half hours. Serve with Cream Pudding Sauce. A mixture of Crisco and flour gives a perfect medium for oiling molds or pans. It is a method that insures even distribution of oil and flour.

Cream Pudding Sauce

⅓ cupful Crisco
½ cupful sugar
2 teaspoonfuls corn flour
½ teaspoonful salt
4 tablespoonfuls cold water
1 cupful boiling water
1 teaspoonful vanilla or orange extract

Use accurate **level** measurements

Cream the Crisco and beat in the sugar; stir the flour and salt with the cold water to a smooth paste; pour on the boiling water, stirring constantly meanwhile; continue to stir until the sauce boils; let boil ten minutes, keep hot till ready to serve, then with a wire whisk gradually beat into the Crisco and sugar; add the flavoring and serve.

Send for War-Time Recipes

No American woman should neglect to take advantage of this invitation to secure a copy of Janet McKenzie Hill's new and timely cook book. It tells how to use all war flours successfully. It contains over 300 new conservation recipes, all tested by the founder of the Boston Cooking School. Published to sell for 25 cents, we will send you a copy for a dime. Address Department A-11, The Procter & Gamble Co., Cincinnati, Ohio.

PROCTER & GAMBLE STANDARD PRODUCTS



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Serve with Velouté, Cream, or half-glaze sauce. Serve as an entrée at dinner, or with rolls as main dish at luncheon.

QUERY No. 4000. — "What sort of an Entertainment could our club give to raise money for the Red Cross?"

Entertainment to Raise Money

Why not have a "Hoover Tea"? A subscriber wrote us not long ago of a "Hoover Tea," at which she assisted, all the products sold and the refreshments served were such as would be approved by the United States Food Administration. The hour was six o'clock P. M., so that the food served might answer for the evening meal.

The "tea" was given by a club, — one of the churches had given a similar "tea" the preceding week. A small admission fee was charged. Tea, cocoa, sandwiches (Liberty breads were used with cheese, egg-salad, olives, pimientos and nuts for fillings), wheatless muffins and biscuit, with salads and wheatless cakes were served. Hulled corn, home-canned vegetables and fruit, pickles, jams, jellies, corn-mush, ready for frying, and wheatless muffins, biscuits and cakes, were among the articles sold. Refreshments were served at any time after six o'clock; but after the rush was over, there was instrumental and vocal music, and talks on conservation and patriotism.

The tables, at which food was sold, were presided over by attendants in blue chambray apron-dresses made with white pique collar and deep cuffs. White lawn and pique caps, with Hoover emblems on cap and sleeve, finished a very effective costume. The young women waiting on the patrons of the tea-tables wore the same costume.

These "teas" should prove quite successful. There is so much work to do for the Red Cross that women have no inclination or time to entertain at home; a "tea" of this kind provides an opportunity to meet socially at no great expense, and at the same time take home some good well-prepared food.

From the Front

(*Concluded from Page 261*)

pose, and make a stand without the works of the enemy, who are all now retreated within those works. We hope we shall Burgoyne them all soon. The French fleet sailed on Monday, in pursuit of some English ships; but we do not know what success they have met with.

Oh, I wish you could peep into our den and see how we live, five or six of us in a tent, about eight-foot square; lying on the ground with a canteen for a pillow. Night before last our tents all blew down, and we were obliged to take shelter wherever we could find it. Life would be pretty tolerable if it were fair weather all the time; but these "ozonberg" houses are not so clever in rainy weather. Who wouldn't be a soldier! I should write more fully, but I am called away, so must conclude; praying that I may have health and fortitude to do proper through the campaign and when it is over — *you* know what! My dear girl I am,

Your Friend Henry H.

Who could, but for the date and the countries at war, and for some of the old-time, quaint expressions, tell above letter from many another letter from our sons and brothers in any of our many training camps today.

The second letter, enclosed in one of the flimsy flag-decorated envelopes of the Rebellion, is from an older man and a more experienced soldier; one fully alive to risks, and to his own particular danger as color-guard. *He* also, however, takes his heavier hardships lightly and cheerfully.

Harewood Hospital,
Sept. 19th, 1862.

Dear Brother:

My wound is nearly closed, but the bone has not yet joined, so it will be some time yet before I once more can handle a musket. My position as color-guard is a desirable one, when not fighting, no guard nor fatigue duty, and drill or not just as I please; nothing to do but

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Try Butter on Puffed Rice



Many homes serve melted butter with Puffed Grains at breakfast. That in place of sugar and cream.

Some add a little butter first, then milk or cream. No sugar.

That's a good way to save sugar. And few confections are more enticing than these toasted bubbles buttered.

So for hungry children after school. They eat them like peanuts or popcorn. There was never a tidbit so nut-like and flavory, yet so easy to digest.

Remember that. In Puffed Grains, every food cell is exploded. Every atom feeds.

Make Pears Taste Like Shortcake



Mix Puffed Grains with your fruit. Puffed Rice or Corn Puffs is best suited for this purpose.

These airy, flimsy morsels add to fruit what crust adds to a shortcake. But never was a crust so flaky, so flavory.

Fruit without Puffed Grains is like pie without crust. Both stewed fruit and fresh fruit need them. Fruit goes farther this way. It tastes vastly better. And it doesn't require so much sugar.

Scatter Puffed Grains, also, on every dish of ice cream, as a fragile nut-like garnish.

Puffed Rice **Puffed Wheat** **Corn Puffs**

All Bubble Grains

Each 15c Except in Far West

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to keep my equipments bright and follow the Colors when ordered out. But in action I am in front of our Flag, an excellent place to get shot in. I did not leave my post at Bull Run till I was ordered out to see the surgeon..

Only once, on a night march from the Rappahannock, when it had been raining for two days, and we marched on stiff, lame legs in the pitch darkness along a Virginia road, with the clay above our ankles, slipping and sliding at every step, until two o'clock next morning, did I *ever* regret being a soldier in the Cause of my Country! Two-thirds of our regiment fell exhausted and lay till morning in the mud where they fell; it was three days before we had our regiment together again.

With love to you and all my dear friends at home.

Edwin.

Though separated from the last letter by thirty-seven years, and nearly twelve thousand miles, the next letter tells of similar weather and marching conditions, and minds the enemy far less than the rain and the mud.

El Depositas,
Nov. 25, 1899.

Dear Ed.

Keep on addressing my letters to Manila, as they will be forwarded. We are not very far from that city, but still only on the outposts. We marched from Maraguina to this camp in a pouring rain, and with our packs on our backs. The road was knee-deep in mud and water; the mud got into our shoes and was ground into our socks. We had rain for several days, and were in leaky tents with no chance to dry any of our belongings.

We sleep in all our clothes, and have a loaded gun ready to pick up for a night alarm. I think the worst of the war just here is over, but there will still be some fighting; one bother is that we can't go anywhere without rifle and gun. We go to swim in a creek, but some have to stay on guard over us for there may be bolomen with knives among the bushes. I am sending some five-cent stamps marked "Philippines," for Arthur's collection.

With love to you all,

Roger H.

Like the three preceding letters the last one, from "Somewhere in France," shows a brave disregard for hardship and danger, and a cheery making-the-best-of-it.

The Trenches,
Jan. 5.

Dearest:

You will have received mine of mid-December. I reached ——— on the 18th and had a company handed over to me immediately. So you see I've once more arrived just in the very nick of time! The company and I celebrated quite a merry Christmas, and since then the trenches have been quieter.

We are well cared for, are in good condition, and in excellent spirits, though we don't like to wait much longer for our great advance. All of us feel sure we are moving towards a satisfactory ending in spite of great hardships and dangers still ahead of us. My very warmest good wishes for your birthday and may we all celebrate the next one together in universal peace and harmony.

With love and greetings,

Ernest.

To which last sentence a loud and fervent Amen!

Sir Douglas Haig, the Scottish commander-in-chief of the British armies, tells this: "A Scot bored his English friends by boasting about Scotland. 'Why did you leave Scotland,' a Londoner asked, 'since you liked the place so much?' The Scot chuckled. 'It was like this,' he said. 'In Scotland everybody was as clever as myself, but here I'm gettin' along verra weel.' "

— *Pittsburgh Chronicle-Telegraph.*

"Remember, my son," said his mother as she bade him good-by, "when you get to camp, try to be punctual in the mornings, so as not to keep breakfast waiting."—*Life.*

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RYZON

THE PERFECT BAKING POWDER



EVEN with our bumper wheat crop, the wise course is to continue the use of the substitute flours to a great extent. This will protect the nation against the possibility of a depletion next season, should crops fail.

RYZON, the Perfect Baking Powder, has proved itself well adapted to the use of coarser flours, and the RYZON recipes are steadily increasing in popularity.

The new edition of the RYZON Baking Book contains the Conservation Recipes prepared by the RYZON Service Staff and approved by the United States Food Administration.

RYZON is 40c per pound. The RYZON Baking Book (original price $1.00) will be sent upon receipt of 30c in stamps or coin except in Canada.

A pound tin of RYZON and a copy of the RYZON Baking Book will be sent free, postpaid, to any Domestic Science teacher who writes us on school stationery, giving official position.

GENERAL CHEMICAL CO.
FOOD DEPARTMENT
NEW YORK

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New Books

The Story of Cheese. By J. D. Frederikson. Price, 25 cents. The Mohawk Book Company, Little Falls, N. Y.

The following pages are from Chapter III of a book to be published shortly, entitled *THE STORY OF MILK*, a manual for the domestic science student, and a guide for the housewife, and all who desire to know something about the handling and use of milk and its products.

The present chapter is issued in advance to meet an urgent demand for a brief outline of the art of cheese-making.

Cheese may be classified into that made with rennet, and that made without. Of cheese made with rennet some is what is called hard, some soft.

The English and American *Cheddar* — the common *American cheese* — the Dutch *Gouda* and *Edam*, the Swiss *Gruyere*, and the Italian *Parmesan* are all hard cheese made with rennet. As examples of the soft varieties may be mentioned the French *Camembert* and *Brie*, *Cream* and *Neufchatel* Cheese. In a class by themselves are such cheeses as the French *Roquefort*, the English *Stilton*, and the Italian *Gorgonzola*, their peculiar flavors being derived from molds implanted in the curd.

When cheese is made without rennet, the milk is allowed to curdle by natural acidity, or it is in some other way made acid. Among the varieties made by this method the common *Cottage* Cheese is the best known.

Evidently this booklet is the work of an expert — one who knows.

The illustrations are excellent, appropriate and instructive. We are surprised to learn that more than thirty kinds of cheese are made in the state of Wisconsin.



Active Little Folks

need the comfortable security given by

Velvet Grip

OBLONG RUBBER BUTTON

HOSE SUPPORTER

Sold Everywhere

Child's sample pair (give age) 20c. postpaid. For Infants—"The Baby Midget Velvet Grip Hose Supporter," Silk 15c; Lisle 10c.

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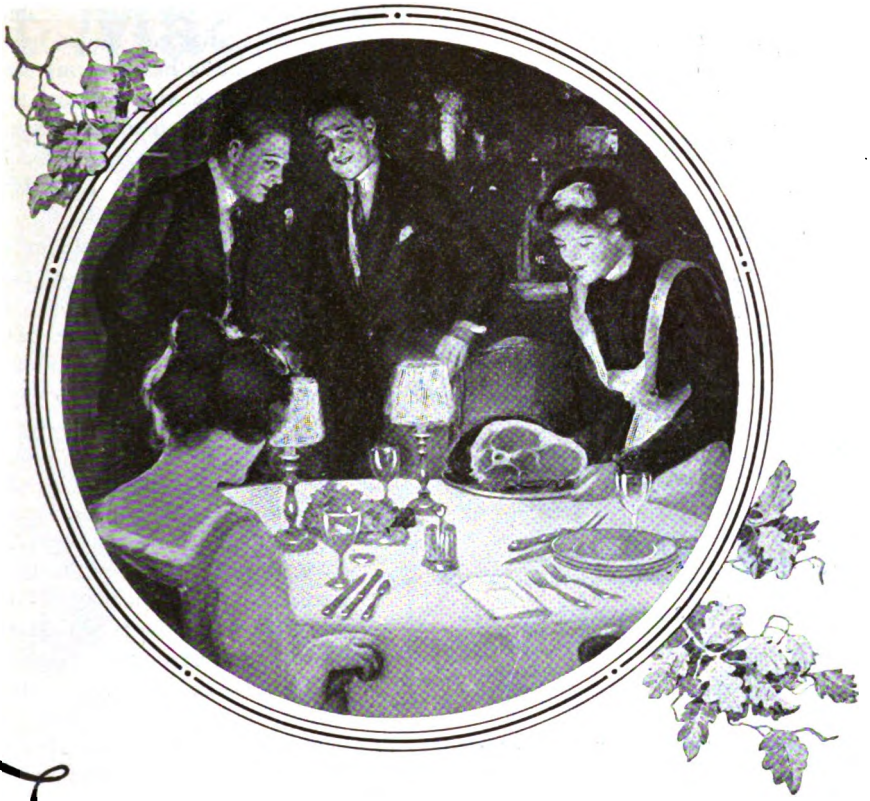
Cookery Under Rations. By M. M. Mitchell. Price, 75 cents net. Longmans, Green & Co., New York.

This is a booklet somewhat pretentious in make-up and contents. It has 65 pages and over 200 war-time recipes. The author is English, and cookery, from the English point of view, may be noted in the contents. The object in writing war-time recipes is to help those who find great difficulty in adapting themselves to the present condition — also to enable the housewife to adapt many well-known recipes to present requirements. The work, therefore, may be regarded as a supplement to a good cook-book.

Economy in Food. By Mabel Thacher Wellman. Cloth, Price, 30 cents net. Little, Brown & Co., Boston.

Economy in buying, storing and serving food are briefly treated. Economy also in planning meals is given more prominence. In short, no little information, and many useful suggestions, are packed

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This ham makes pot luck, luck indeed!

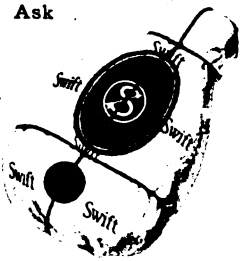
WHEN your husband brings "Bill" home for dinner and tells him he will have to take "pot luck," it is luck indeed, if you happen to be serving a baked Swift's Premium Ham.

How genial everybody feels when the steamingly fragrant ham is brought in! Ham, oven-browned and still faintly sputtering, with spicy cloves stuck thickly in the soft, juicy fat.

In the slow, special Premium cure and in the fragrant smoke of smoldering wood fires, this fine ham becomes mellower in flavor, more delicate, more piquant.

Look for the Swift's Premium brand on the ham you buy—so that you may be sure of always getting this ham of finest flavor. Ask your dealer to show you the brand.

Swift & Company, U. S. A.



Swift's Premium Ham

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A help for economical housewives

WITH the rich, yet delicate flavor of Burnett's Vanilla added, many a simple dessert becomes delicious. Thrift brings satisfaction instead of deprivation when you use Burnett's. Try it and your family will thank you.

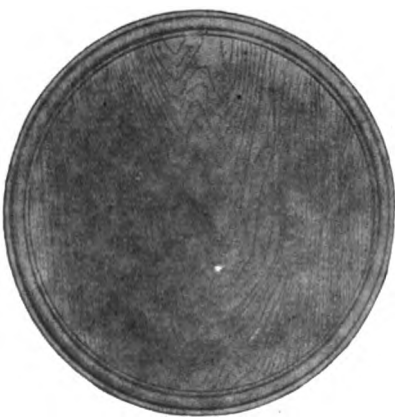
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Dept. D
36 India Street, Boston, Mass.

The Heart of the Dessert

Burnett's Vanilla



Send 5c for Book of War-time recipes, using very little flour or sugar.



BREAD BOARD

Eleven-inch turned maple bread board. The edge of this board is undercut like a dinner plate making a finished and attractive article. Sent, prepaid, to any present subscriber for securing and sending us one (1) new yearly subscription for American Cookery. Cash price, 75 cents.

The Boston Cooking-School Magazine Co.
Boston, Mass.

WHEATLESS - MEATLESS MEALS

84 Menus, 124 Recipes, directions for preparing each meal, food values, substitutes, timely suggestions, etc. 10c or FREE for four names of friends interested in Domestic Science.
Am. School Home Economics, 503 W. 69th St., Chicago, Ill.

into these thirty-six pages. "The war is making us realize, as never before, how wasteful we have been in our use of food materials. Here are some of the points we have found need of emphasizing."

War Bread. By Alonzo E. Taylor. Price, 60 cents. The MacMillan Company, New York.

Just what the wheat problem is, and its importance in the winning of the war, is the subject of this little book. Dr. Taylor looks at the matter more particularly from the American point of view, dealing with the necessity of conserving wheat in this country, though the way in which the crisis touches our allies, and the part that wheat conservation plays in the great world program are also dwelt upon.

It is plainly the duty of every American to be informed of this vital issue; here an unquestioned authority puts into vigorous, plain form, facts which should be commonly understood.

This is not a book of recipes, but a plain statement of important facts. The war problem of bread is so entangled in factors of industry and trade, that it demands and deserves careful consideration. It has now become the concern of every town, state and nation; it is the great international problem.

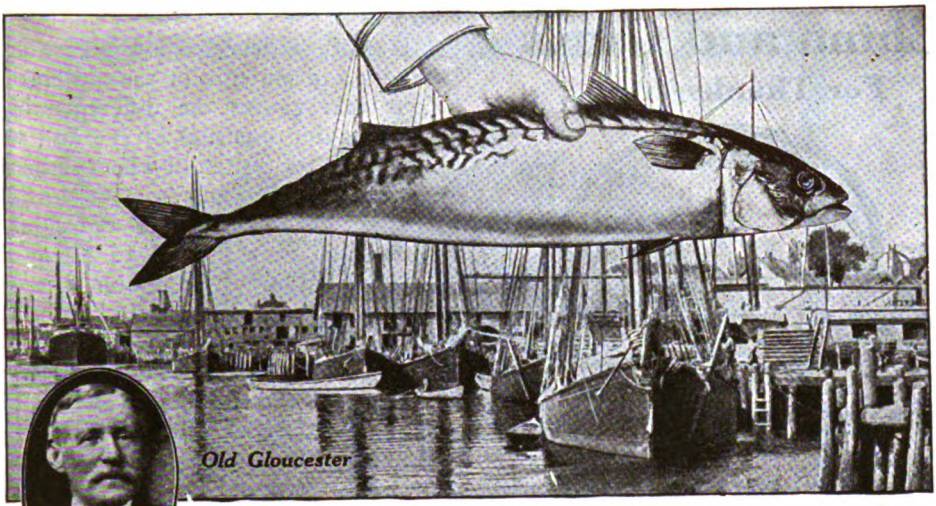
Wheat and Rye Gluten

Bread owes its porosity to the presence of gluten, but it is the quality, rather than the quantity of gluten, that counts, says the *American Miller.* Rye bread, for instance, has a fatty crumb, and the holes caused by carbonic acid gas are small, while the partitions dividing them are thick. The bread is somewhat like the dough from which it is made. A slice of rye bread placed in contact with water will not swell for some time, while a slice of wheat bread will commence to swell immediately. It is apparent, therefore, that there is a great difference in the gluten of rye and wheat. The gluten of the latter, obtained by washing out the flour under a stream of water, is yellow and elastic. Rye gluten, obtained by

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Salt Mackerel

Direct from the Fishing Boats to You



Your pail is ready—fat, meaty, juicy mackerel —send no money—try the fish first.

Frank E. Davis *President*

It's thirty-four years, come next September, since I began supplying the choicest of Gloucester's famous mackerel direct to the homes of families throughout the country.

Our Own Home Kind

People here in Gloucester, the leading fish port of America, laughed at me when I began to sell mackerel by mail. They didn't realize how hard it is for other people to get good fish. But I did. So I decided to make it easy for everybody, everywhere, to have full-flavored, wholesome fish, the kind we pick for our own eating here at Gloucester. 85,000 families are buying from us today.

Fishmen for Generations

You see, I *know* fish. My folks 'way back, have always been fishmen. They helped found Gloucester in 1623. My boyhood days were spent aboard fishing boats. Catching fish, knowing the choicest and picking them out, cleaning and curing them the *right* way, has been my life's job.

Thirty Years' Development

Today our business is housed in a modern, four-story, concrete building, with 20,000 square feet of floor space; fitted with the most improved and sanitary equipment for cleaning and packing fish. Standing at the water's edge, the fishermen's catches are brought right into the building. They go to your table with "the tang of the sea" in them.



Such a *Good* Breakfast

A fat, tender, juicy Davis' Mackerel broiled to a sizzling brown, some butter a sprinkling of pepper, a touch of lemon, if you wish —how good it smells, how tempting it looks, how it tickles the palate, and, oh, how it satisfies!—the favorite breakfast dish of thousands.

Fall Mackerel, Fat and Tender

Most of the fish your dealer can buy are Spring fish, thin, dry, and tasteless. What I've selected for you are Fall fish, juicy and fat with the true salty-sea mackerel flavor. We clean and wash them before weighing. You pay *only* for *net* weight. *No heads and no tails.* Just the white, thick, meaty portions — the parts that make the most delicious meal imaginable. You probably have never tasted salt mackerel as good as mine.

Send No Cash-Try the Mackerel First

I want you to know before you pay that my fish will please you. If there is any possibility of a risk, I want it to be at my expense. Just mail the coupon today, and I'll ship at once a pail of my mackerel containing 10 fish, each fish sufficient for 3 or 4 people, *all charges prepaid*, so that your family can have a real Gloucester treat Sunday morning.

Then — if my mackerel are not better than any you have ever tasted, send back the rest at my expense.

If you *are* pleased with them — and I'm sure you will be — send me $4.90, and at the same time ask for "Descriptive List of Davis' Fish," sold only direct, never to dealers. *Remember*: Meat, flour, potatoes, *everything*, has gone 'way up in price. In comparison, Davis' mackerel is low. An economical food — so good to eat, so nutritious! The "Sea Food Cook Book" that goes with the fish will tell you just how to prepare them.

Mail the coupon now with your business card, letterhead or reference.

Frank E. Davis Co.

71 Central Wharf, Gloucester, Mass.

The Frank E. Davis Company is prepared to supply, at interesting prices, its product to boarding schools, hotels, institutions, clubs and hospitals. Write for special list.

Frank E. Davis Co., 71 Central Wharf, Gloucester, Mass.

Without obligation please send me, all charges prepaid, a pail of Davis' Mackerel—to contain 10 fish, each fish sufficient for 3 or 4 people. I agree to remit $4.90 in ten days or return the fish.

Name _____

Street _____

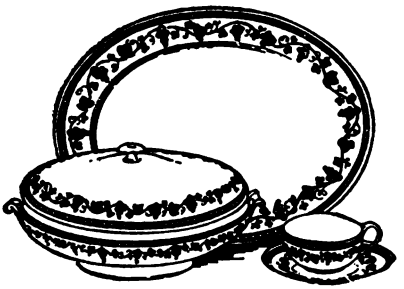
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JONES, McDUFFEE & STRATTON CO.

Table Crockery, China and Glass

For Thanksgiving



DINNER SETS or CHINA DINNER WARE

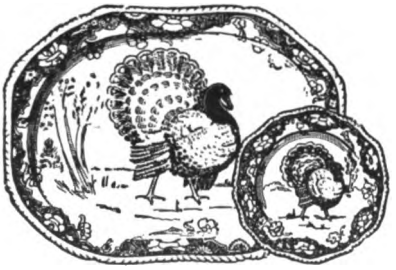
of all grades taken from our large assortment of **Stock patterns enable the purchaser to select just the articles desired** without being obliged to purchase the articles not required at the time, with the added advantage of being able to obtain matchings or additional pieces of the same pattern later on.

Pyrex Cooking Glassware

Clean, transparent Glass to bake in!
Ware that oven heat cannot break!

Casseroles **Pie Plates**
Bread Pans **Ramekins** **Bakers, etc.**

Pyrex Gift Set—consisting of eleven items for $6.00, packed in a neat box, is especially attractive.



TURKEY PLATTERS

Large and extraordinarily large platters, on which to serve the national bird or joint of beef; also plates with same border as platter and game centers.

Jones, McDuffee & Stratton Co.
CROCKERY, CHINA and GLASS
33 Franklin Street - - Boston
Near Washington and Summer Streets

means of a sieve and water, is dark and different in structure from wheat gluten. Instead of being elastic, like wheat gluten, it breaks when one attempts to draw it out.

It is the absence or low percentage of gliadin and glutenin in the gluten of rye flour that causes the difference in the breadmaking qualities of rye and wheat flour. In the gluten of wheat flour there is frequently present from 60 to 82 per cent of gliadin, while in rye flour the percentage runs from 5 to 8 per cent. The gliadin in wheat gluten keeps the particles together, while its absence, or small percentage, in rye gluten causes the rye flour to slip from the hands when washed under a stream of water. Wheat flour gives the best results when the ration of gliadin to glutenin is 3 to 1. Such a ratio is never found in rye flour, or, rather, an amount of glutenin to make the handling of the dough satisfactory is never found in rye flour.

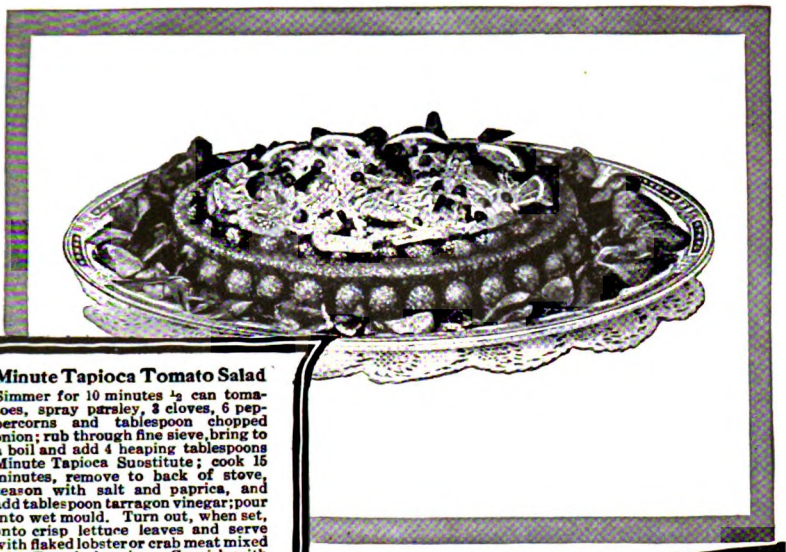
Rulings for Purchase of Flour for 1919

The list of authorized flour substitutes has been reduced to cornmeal, corn flour, barley flour, pure rye flour and, at the customer's option, rice flour, potato flour, buckwheat flour and a few other flours. No other cereals than the above are now allowed to be sold as substitutes. Hominy, corn grits, cornstarch, rolled oats, oatmeal and rice have been stricken from the list.

The proportion of substitutes required to be sold has been changed from "50-50" to "80-20," except in the case of rye flour, of which two pounds must be sold to three pounds of straight wheat flour. That is, the retailer must now sell to the consumer at least one pound of cornmeal, corn flour, barley flour, or of the other permitted substitutes, with each three pounds of straight wheat flour sold; or two pounds of pure rye flour with each three pounds of wheat flour sold.

The same rules apply to sales to public eating houses, clubs and boarding houses, as to sales to individual consumers.

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Minute Tapioca Tomato Salad

Simmer for 10 minutes ½ can tomatoes, spray parsley, 3 cloves, 6 peppercorns and tablespoon chopped onion; rub through fine sieve, bring to a boil and add 4 heaping tablespoons Minute Tapioca Substitute; cook 15 minutes, remove to back of stove, season with salt and paprica, and add tablespoon tarragon vinegar; pour into wet mould. Turn out, when set, onto crisp lettuce leaves and serve with flaked lobster or crab meat mixed with French dressing. Garnish with capers.

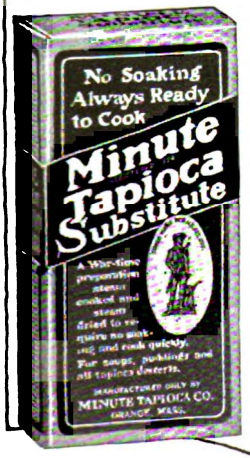
Minute Tapioca Substitute

For Our Army and Our Allies

Ships were needed for our Army and our Allies. To release those ships which had sailed half around the world to bring us tapioca for so many years, it was necessary to produce Minute Tapioca Substitute.

This substitute is a careful blending of native flours with tapioca to give the same nutrition and flavor as Minute Tapioca. It may be used with your usual Minute Tapioca receipts. War-time dishes, which will become all-time favorites, are easily and quickly prepared with this delicious food.

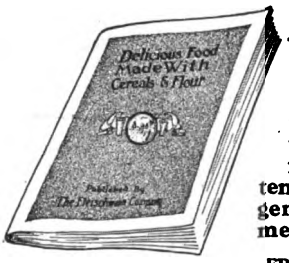
Though the contents and label of the familiar red and blue package have been slightly changed, the taste and nutritive value are exactly the same.



Send for our Conservation Cook Book which is mailed free upon request.

MINUTE TAPIOCA CO. 311 N. Main St., Orange, Mass.

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RECIPES

that conserve wheat, sugar and fats, yet provide tempting food and generous nourishment.

FREE ON REQUEST

THE FLEISCHMANN CO.,
701 Washington Street, New York City

Cream Whipping Made Easy and Inexpensive

CREMO-VESCO

Whips Thin Cream
or Half Heavy Cream and Milk
or Top of the Milk Bottle

It whips up as easily as heavy cream and retains its stiffness

Every caterer and housekeeper wants CREMO-VESCO.

Send for a bottle today.

Housekeeper's size, 1½oz., .30 prepaid
Caterer's size, 16oz., $1.00 "
(With full directions.)

CREMO-VESCO COMPANY
631 EAST 23rd ST., BROOKLYN, N. Y.



THE SILVER LINING

Fair Exchange

A man who had purchased some currant buns at a bakery was distressed on starting to eat one to find it contained a fly. Returning to the bakery, he made an indignant complaint, demanding another bun in place of the inhabited one.

"I'm sorry, sir," said the saleswoman, "I can't give you another bun, but if you will bring back the fly I will exchange it for a currant."

— *Pittsburgh Chronicle-Telegraph.*

"Say, wait a minute! I'm beginning to feel terribly groggy," said the aviator's guest in the air. "Oh, that's all right, my boy! Just three more loops, a tail-spin, and a spiral swoop and we're all through!" — *La Baionnette.*

A fleet of fishing-boats was coming into harbor, and with them a yacht named Psyche. An old salt stood on the wharf. As he saw Miss Psyche he removed his pipe and muttered, "Wall, ef that ain't the most outlandish way to spell feesh I ever seen!"

Shortly after the reconstruction period began, an old Southern planter met one of his negroes whom he had not seen since the latter's liberation. "Well, well," said the planter; "what are you doing now, Uncle Josh?" "I'se a-preachin' ob de Gospel." "What! You preaching?" "Yassay, marster, I'se a-preachin'." "Well, well! do you use notes?" "Nossuh. At de fust I use notes, but now I demands de cash."

Mrs. Smith: "Really, Mr. Giles, your prices are getting exorbitant."

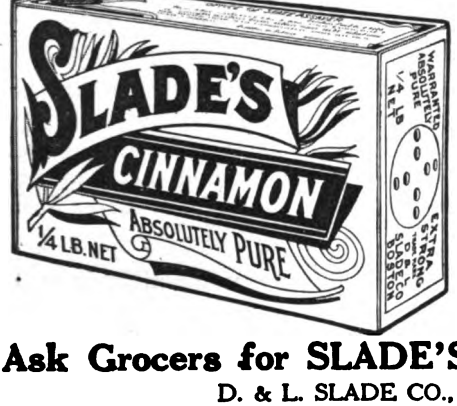
Farmer Giles: "Well, mum, it's this way: 'When a chap 'as to know the botanical name of wat 'e grows, an' the zoological name of the hinsect wot eats it, an' the chemical name of wat kills the hinsect, some one's got to pay for it!"

— *Passing Show.*

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Food Flavoring

is an art that all housekeepers should study. Soups, Stews, Pot Roasts properly spiced with SLADE'S Spices quickly become more popular than the more expensive steaks, chops and roasts, and are more nourishing.



Apple Pie when flavored with SLADE'S Cinnamon and SLADE'S extract of Lemon is delicious.

Squash Pie properly spiced with SLADE'S Ginger and Cinnamon makes one's mouth water in joyous anticipation.

Ask Grocers for SLADE'S and get the Best and Strongest Spices. COOK BOOK FREE.

D. & L. SLADE CO., BOSTON, MASS., U. S. A.

NESNAH

(Made in a jiffy)

Serve Vanilla Nesnah with cereal. It may be made in the cereal saucers the night before, or about a half hour before breakfast; place cereal, cooked or uncooked, on top and await the verdict of the family. Moreover, no sugar is needed when Nesnah is eaten with cereal.

Then, too, for a luncheon dish or as a dessert, there's nothing more nourishing or more easily made than Nesnah.

One ten-cent package makes a quart.

RASPBERRY NESNAH

1 qt. milk **One 10c pkg. Raspberry Nesnah**

Heat milk lukewarm, remove from stove, add Nesnah, stirring one-half minute. Pour into individual cups and allow it to set. Place in refrigerator — serve well chilled.

Six Pure Natural Flavors

VANILLA	ORANGE	RASPBERRY
ALMOND	LEMON	CHOCOLATE

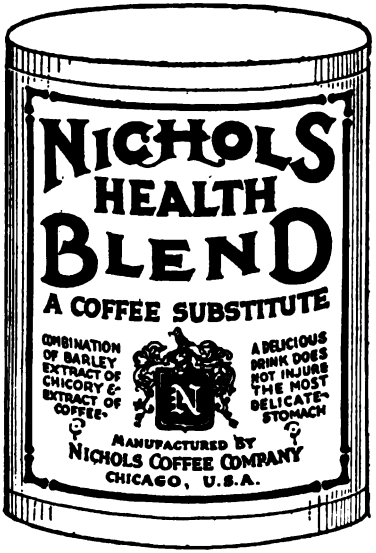
The Junket Folks will send you a free sample and a booklet of recipes on request.

CHR. HANSEN'S LABORATORY, Inc.
THE JUNKET FOLKS,
Box 2570 - Little Falls, N. Y.

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Are You Nervous?

Then Stop Drinking Coffee!



DRINK HEALTH BLEND

It's Different

Not Coffee—But Tastes Like It

If you have a case of "nerves" or are run down, if you are Sleepless, have that Tired Feeling, Brain Fag, Drowsiness, Coffee Kills Nerve Force. **Health Blend** is a Refreshing, Palatable, Invigorating drink. A Combination of Cereals with fine Coffee Flavor. Try it. You will always drink it. It is cheaper than any other substitute. Send 10 Cents for sample or 50 Cents For one Pound to the Manufacturer,

NICHOLS COFFEE COMPANY
15 E. 23rd St. Chicago, U. S. A.

ENLIST FOR WAR SERVICE

WITH its twenty-three million homes, housekeeping is our country's biggest industry. To win the War, economy and efficiency in the home is an imperative necessity.

Your Country Is Calling You

To save food, save fuel and save all materials used in the home;

To organize your work so that you will have more time and strength for War Relief Work;

To make your home a safer, more healthful place to live in, to bring up children in;

To make your home more worth fighting for, more worth this awful sacrifice.

To meet this call fully — become a *trained expert* in your home management (or for outside service). Enlist NOW for home-service. Send for the "Profession of Home Making" to American School of Home Economics, 503 W. 69th St., Chicago.

Better Than No War at All

Major Lanchlan Maclean Watts, in his book, "The Heart of a Soldier," tells the following story: "A friend of mine, going one night along the trenches, almost thigh-deep in mud, came upon a grizzled Irishman, O'Hara, cowering in the rain. 'Isn't this a damnable war, O'Hara?' said he. 'Thrue, for you, sir,' was the unexpected reply, 'but, sure, isn't it better than having no war at all?'"

Waiter: "All right, sir, all right. You'll get served in time."

Diner: "I daresay I shall; but I'm anxious to get through this meal before the prices rise again!" — *Passing Show.*

For four consecutive nights the hotel man had watched his fair, timid quest fill her pitcher at the water-cooler. "Madame," he said on the fifth night, "if you would ring, this would be done for you." "But where is my bell?" asked the lady. "The bell is beside your bed," replied the proprietor. "That the bell!" she exclaimed. "Why, the boy told me that was the fire alarm, and that I was not to touch it on any account!"

"What are they moving the church for?" "Well, stranger, I'm mayor of these diggin's, an' I'm fer law enforcement. We've got an ordinance what says no saloon shall be nearer than three hundred feet from a church. I give 'em three days to move the church." — *Grit.*

"You see, the trouble about Bill is that 'e's allus afore the time." "Wot's 'e done?" "Well, 'e went away to look for work, an' 'e found there's a strike on. So 'e joins the strikers afore 'e 's got the job." — *Ideas.*

"What will you have, sir?" "Oh, bring me an assortment of 800 calories of proteins, fats, and carbohydrates." And the ready waiter muttered, "Metabolism."

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Clear Light Clean Clothes

from

The Same Socket

Soap and water can work in the dark, but you need plenty of light to know when their work is done. On dark days or in dark rooms you'll appreciate a

BENJAMIN TWO-WAY PLUG

It gives any single socket two outlets—one for the light and one for the washing machine, or any other electrical appliance. Folder on request.

For Sale at all Electrical Stores

Made only by

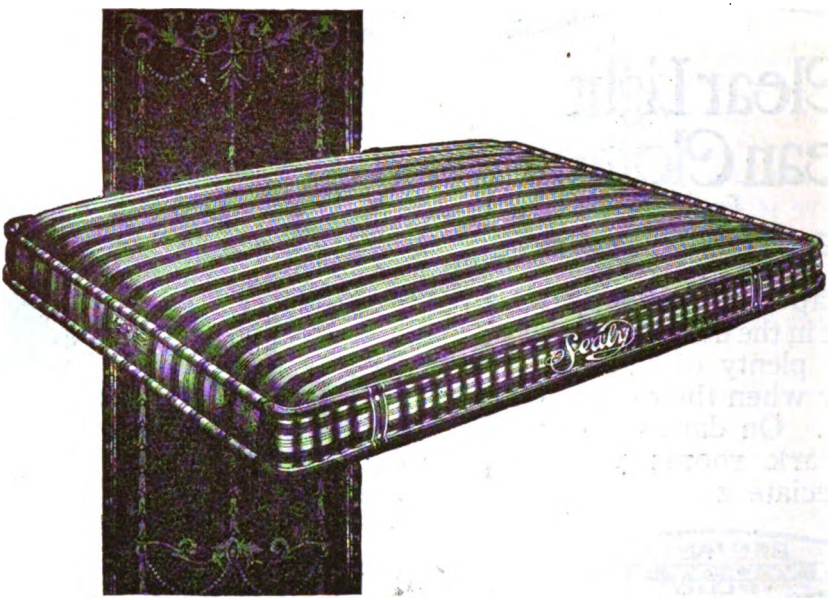
BENJAMIN ELECTRIC MFG. CO.

Chicago New York San Francisco



Benjamin No. 2450 Shade Holder enables you to use any shade with your Two-Way Plug. Benjamin No. 903 Swivel Attachment Plug screws into the socket without twisting the cord.

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A Pillow for the Body

THE Sanitary Sealy Tuftless Mattress provides uniform, resilient and soothing support for the body. It assists in quickly bringing sleep to persons fatigued in mind or body. Reclining upon the hygienically clean, snow-white cotton, you relax and experience the utmost in luxurious comfort obtainable through the use of a body-rest.

The Sealy cotton is inseparably interwoven by the Exclusive Sealy Air-Weave Process into a single, light, fluffy batt, five feet high. This batt is then gently pressed down to the required softness, buoyancy and generous depth of the mattress.

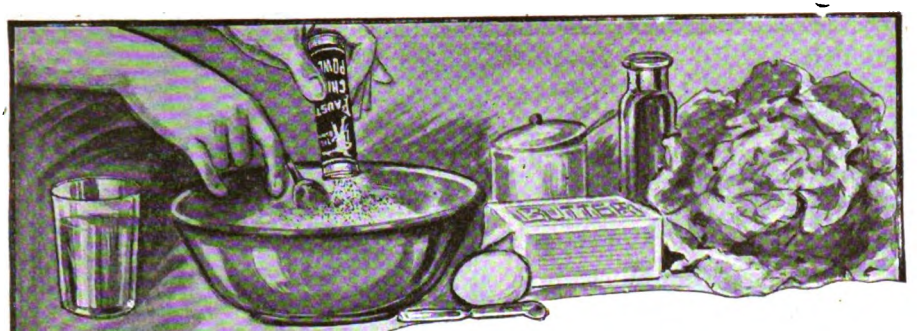
The Sealy retains its shape and body-conforming resiliency at least a score of years. With proper use it will not grow hard, uneven or lumpy.

Your request will bring attractive cover samples, interesting descriptive literature and the name of the Sealy Dealer in your city.

The Sealy Sanitary Tuftless Mattress

Made at Sugar Land, Texas, by the Sealy Mattress Co.

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Faust Salad Dressing

1 teaspoon of salt, 1 teaspoon Faust Chile Powder. Add 4 tablespoonfuls of olive or salad oil, stir or beat thoroughly, then add 3 tablespoonfuls of vinegar and stir or beat until thoroughly congealed.



Prize-Winning Chile Con Carne

1½ lbs. beef off round, ground not too fine; 2 large onions; 2 teaspoonfuls salt; 4 large tablespoons Blanke's Chile Powder; 1 heaping tablespoon lard; 1 pint Mexican chile beans or 1 pint red kidney beans; 1 pint hot water. Soak beans in water and boil until done; cut onions in small bits and fry in the lard; add to this the ground beef which has been sprinkled with a little flour and salt; stir until seared, then add one pint hot water, the cooked beans and Chile Powder. Stir and let cook slowly 30 minutes.



Faust Chile Spaghetti Au Gratin

Cook a half pound of spaghetti until done, put in a baking dish, put two tablespoons of bacon grease, add a pint of tomatoes, put on a tablespoonful of Chile Powder mixed well together, and salt to suit, put on top a sprinkling of grated cheese, place in oven to slowly bake. When the top is brown it will be ready to serve.



MAKE THE BEST DISHES BETTER

FAUST CHILE POWDER is a "different" seasoning. You use it instead of pepper, spices, etc. It's a combination of all of them, except salt. For salad dressings, meats, gravies, stews, soups, there's nothing quite so good. Sold by most dealers in 10c., 25c. and 50c. cans. If your dealer hasn't it, send 15c. for 1¼-oz. can and Recipe Pamphlet prepared by Henry Dietz, famous chef of the historic Faust Cafe and Bevo Mill.



DEALERS, Ask Your Jobber.
JOBBERS, Write Us.

C. F. Blanke Tea & Coffee Co., ST. LOUIS, MO.

Manufacturers of the world-famous *Faust Instant Coffee & Tea.* Faust Instant Coffee is now in the service of the Government and this product will therefore be unobtainable until victory crowns our arms. Faust Instant Tea, however, is still available at 30c., from dealers or by mail.

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A Million Breakfasts
Cooked This Morning on

Crawford Ranges

Was Yours One?

This style Range in four types, Palace, Castle, Fortress and Cottage.

Among the exclusive Crawford features that have made this range preferred above all others are:

A convenient gas end oven, equipped with new and improved gas broiler. This broiler is instantly adjustable to hold the food at any required distance from the flame without touching the pan, without bending over. It folds away when not in use.

Two separate ovens, both large and roomy — one for coal, the other for gas — both are perfect.

Five center heat gas burners of a new and efficient type bring the heat directly under the center of utensils without wasting gas.

Guarded gas cocks which eliminate danger of accidental opening.

Perfection of design and finish, long service and utility, distinguish Crawford coal ranges — or gas combinations.

Sold by leading dealers

WALKER & PRATT MFG. CO., Boston, U.S.A.

Makers of Highest Quality Ranges, Furnaces and Boilers

Trade Mark Registered.

Gluten Flour

40% GLUTEN

Guaranteed to comply in all respects to standard requirements of U. S. Dept. of Agriculture.

Manufactured by
FARWELL & RHINES
Watertown, N. Y.

True Economy calls for
Colburn's Spices
"A" *Red Label Brand*
The A. Colburn Co., Philadelphia, U.S.A.

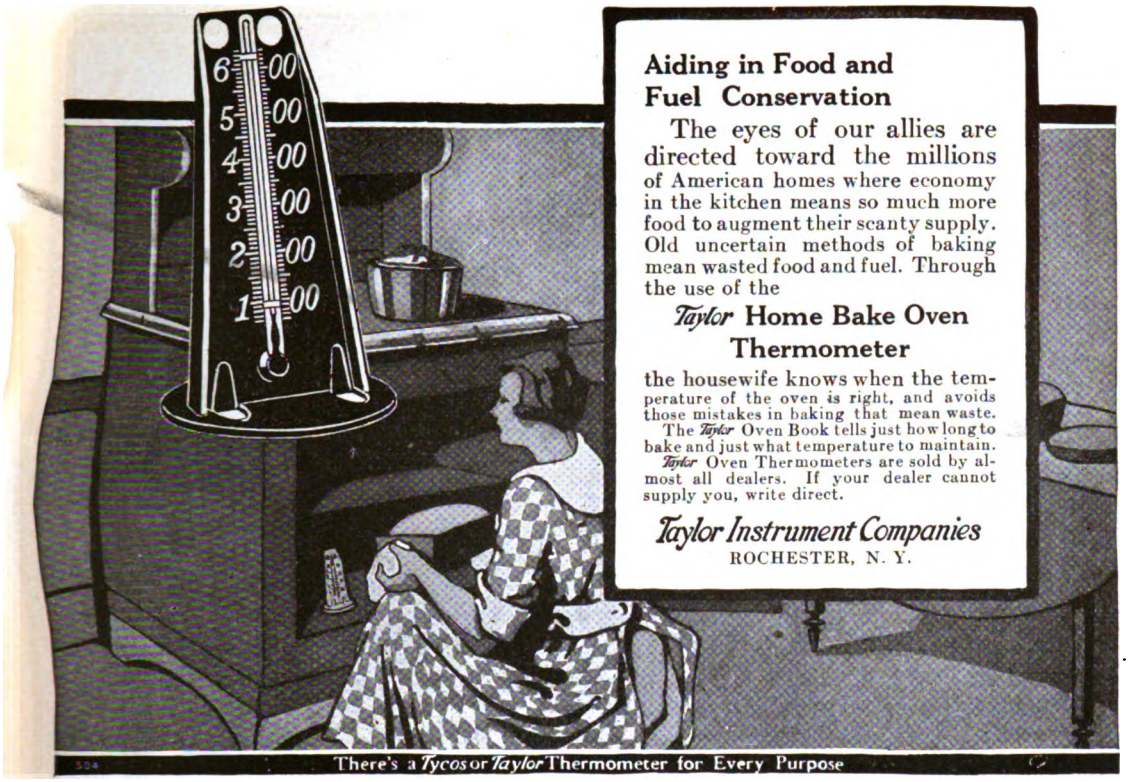
SEVEN-CENT MEALS $1.50 per week per person: 42 meals with recipes and directions for preparing each. 10c or FREE for names of four friends interested in Domestic Science.
Am. School Home Economics, 503 W. 69th St., Chicago

DOMESTIC SCIENCE

HOME-STUDY COURSES

Food, Health, Housekeeping, Clothing, Children.
Courses for Homemakers, Teachers, Dietitians, Managers, Home Demonstrators, Nurses, etc.
"THE PROFESSION OF HOME-MAKING." 100 page handbook, FREE. Bulletins: "FREE HAND COOKING," 10 cents. "FOOD VALUES," 10 cents. "FIVE CENT MEALS," 10 cents.
AM. SCHOOL HOME ECONOMICS, 503 W. 69th St., CHICAGO

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ECONOMICAL WAR TIME COOK BOOK

By Janet McKenzie Hill

is a book of 64 large pages full of timely information and recipes: **Seven Commandments for War Time Conservation; Substitutes for Wheat and How to Use Them; Victory Bread; Wheatless Quick Breads; Meat Substitutes; Dessert Dishes, Sugarless and Near Sugarless; Canning, Cold Pack and Open Kettle; etc., etc.**

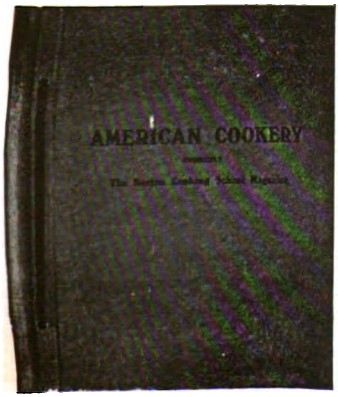
Undoubtedly the best and most helpful War Cookery Book yet published. What every housekeeper needs. This book will bring her cooking right up to the times.

We have published this book that clubs and patriotic societies might have a practical and concise treatise on the new conservation war cookery for sale or distribution among their members.

Prices, prepaid — 10 copies	**$2.25**		**50 copies**	**$9.25**
20 "	**4.25**		**75 "**	**13.50**
30 "	**6.00**		**100 "**	**16.00**

Send 25 cents for a sample copy.

BOSTON COOKING-SCHOOL MAGAZINE CO. - - BOSTON, MASS.



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We have had made a number of binders in green, red and ecru buckram, appropriately lettered. They are neat, attractive and practical. Each holds conveniently from one to ten copies (a full year) of the magazine.

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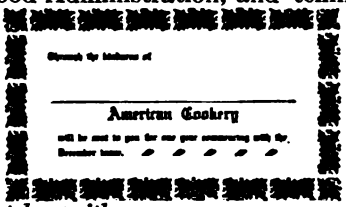
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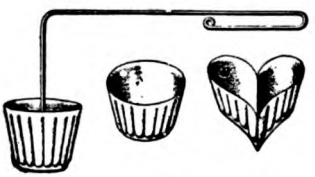
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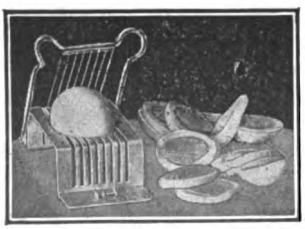
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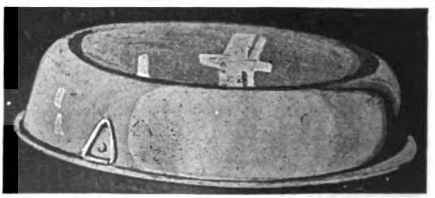
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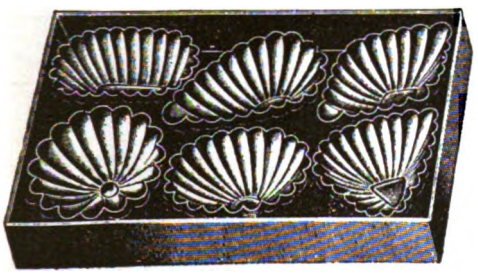
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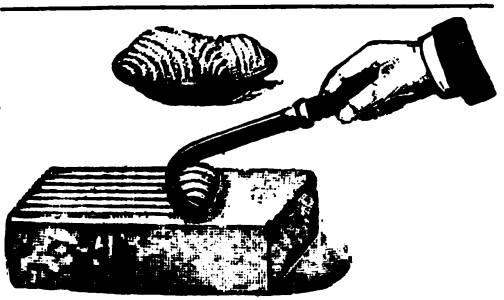
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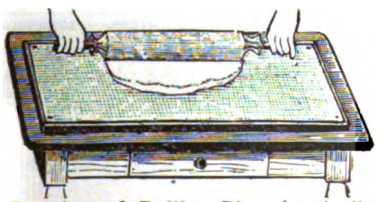
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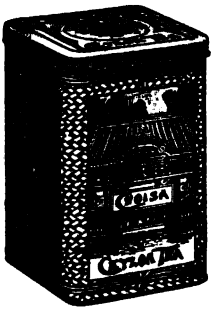
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AMERICAN COOKERY

FORMERLY

THE BOSTON COOKING-SCHOOL MAGAZINE

OF CULINARY SCIENCE AND DOMESTIC ECONOMICS

DECEMBER, 1918
VOL. XXIII No. 5



PUBLISHED
BY
THE BOSTON COOKING
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AMERICAN COOKERY

Vol. XXIII **DECEMBER, 1918** **No. 5**

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FROSTINGS add much to the goodness of a cake, but they dig deeply into the sugar box. A delicious frosting can be made without sugar that will be just as appetizing and satisfying. Simply spread the layers of cakes, cookies and coffee cakes with corn sirup or honey and sprinkle with

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Sugarless Cocoanut Frosting

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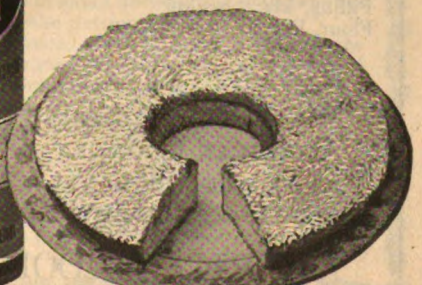
Sugarless Cocoanut Filling

Bring ½ cup milk to boiling point, stir in 3 tablespoons cornstarch mixed with another ½ cup milk, add 1 egg, beaten, 4 tablespoons honey or corn sirup, 1 teaspoon salt and cook for 4 minutes. Add 1 cup cocoanut and beat until cold.

Coffee Breakfast Roll

½ cup of sugar
2 eggs, beaten
¾ cup of milk
1 cup rice flour
¾ cup butter substitute
1 cup flour
3 teaspoons baking powder
1 cup Dromedary Cocoanut

Cream butter substitute with sugar, add eggs, milk and flours sifted with baking powder, stir in cocoanut well and turn into a round, greased and floured tin which has a muffin ring in the center. Bake in a moderate oven for 25 minutes. Spread evenly with honey or sirup and sprinkle with Dromedary Cocoanut.



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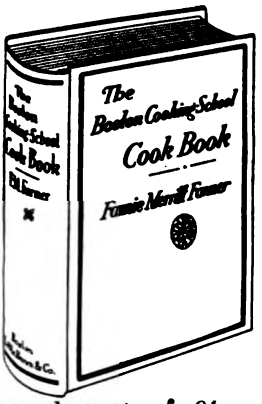
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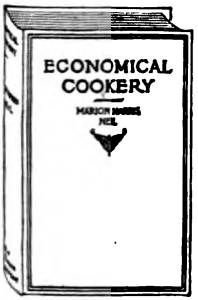
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Formerly Cookery Editor "The Ladies Home Journal"

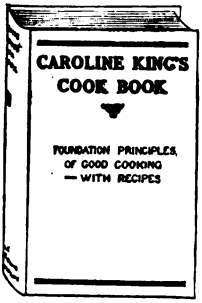
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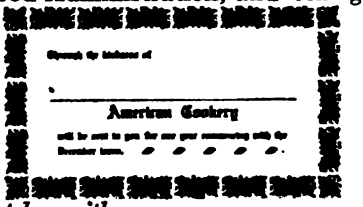
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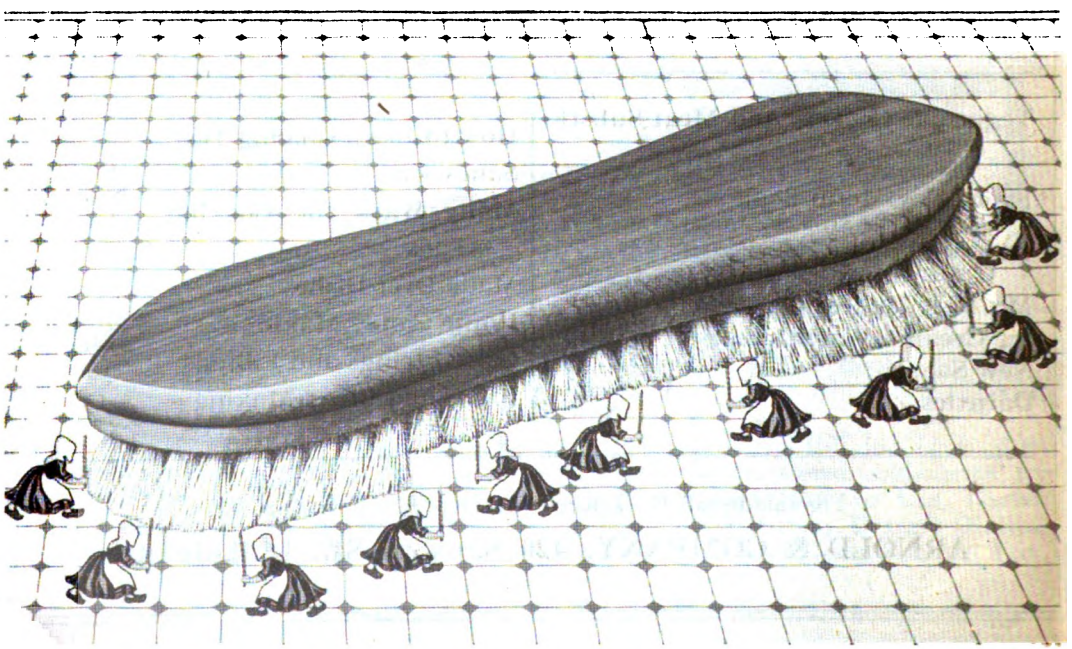
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Conservation Menus for Christmas Dinners

I

White Grape, Grape Fruit-and-Canned Peach Cocktail
Roast Chickens, Giblet Sauce
Savory Rice Croquettes
Mashed Potato
Boiled Onions
Brussels Sprouts
Celery
Sweet Pickle Jelly
Mince Pie
Raisins, Nuts
Half Cups Coffee

II

Halves of Grape Fruit
Roast Loin of Venison
Currant Jelly
Potatoes Cooked in Pan with Meat
Squash
Lettuce, Celery and Cress, French Dressing
Pineapple-and-Pear Sherbet
(grated pineapple, pear sifted
conservation syrup)
Poinsettia Crisps

III

Orange-and-Banana Cocktail
Domestic Ducks, Roasted
Quince-Apple-Cranberry Jelly
Plain Rice Croquettes
Mashed Potatoes
Celery
Steamed Carrot Pudding
Native Nuts, Raisins

IV

Sardine, Egg-and-Beet Canapés
Domestic Goose, Roasted, Potato-and-Onion Dressing
Apple Sauce
(maple syrup)
Sweet Potatoes, Southern Style
Cauliflower and Turnips, Creamed
Celery
Frozen Custard
Maple Bonbons
Half Cups Coffee

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A FIREPLACE ON COOL DAYS IS QUITE ESSENTIAL

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American Cookery

VOL. XXIII DECEMBER, 1918 No. 5

Candlelight, a War Conservation

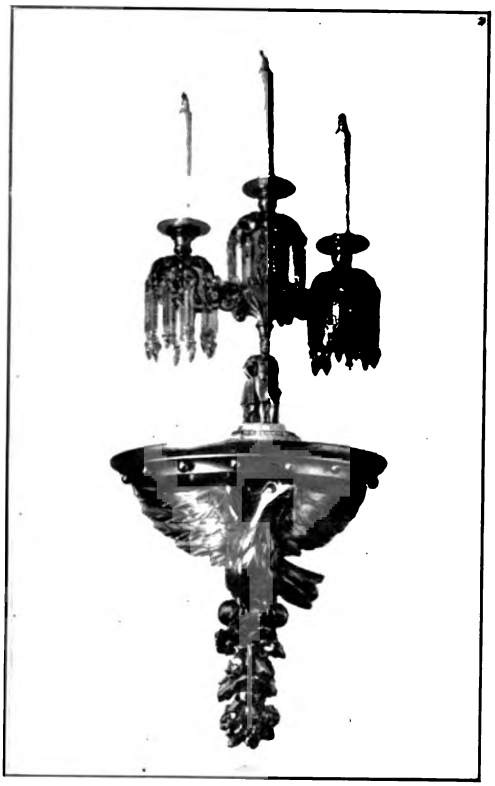
By Mary H. Northend

THE solving of the lighting problem through the use of candles, to conserve both gas and electricity, has proved one of the most satisfactory methods among the many that we are constantly called upon to meet; for today it holds a prominent place in our rooms, as it is considered as much a part of the decorative scheme as the choice of wall papers and draperies. We had realized its value before government's decree, and had introduced the use of candlelight at our dinner-table, as the softening rays that radiated from them were impressive. In addition to the single candle or groups of candles placed at either end of the table, the branch candlestick came into vogue as a center piece.

The prevailing tendency in modern lighting is to discard over-head illumination, depending entirely upon the table and wall features; but to obtain more brilliant effects, a chandelier, from a decorative point of view, has no equal. This is especially true concerning antiques of Italian workmanship, designed with garlands of rock crystal cut in rosettes, and introducing, here and there, gems whose bright colors sparkle in the sunlight, sending shafts of rainbow hues dancing across the walls and furnishings.

The ban on importation has caused many a designer to reproduce genuine antiques; but often he varies their decoration. The use of candles dates back to the days of ancient Rome; during the Elizabethan period they were in general use, and many of the candlesticks were made of hammered gold. Fortunate, indeed, is he who has, through inheritance, become the possessor of an old pair of lustres, which are bringing the highest market prices, both on account of their beauty and their rareness.

The choice of material in candlesticks is unlimited, as they are found in metal, wood, glass, pewter, or pottery, ranging in design from those suitable for the drawing room, to the charming little ones adaptable for nursery use. Then, too, the color must play an important part, as it is essential that they harmonize with the interior decorations. Let us choose the brass candlesticks, which were in evi-



A GIRANDOLE ABOUT A CENTURY OLD

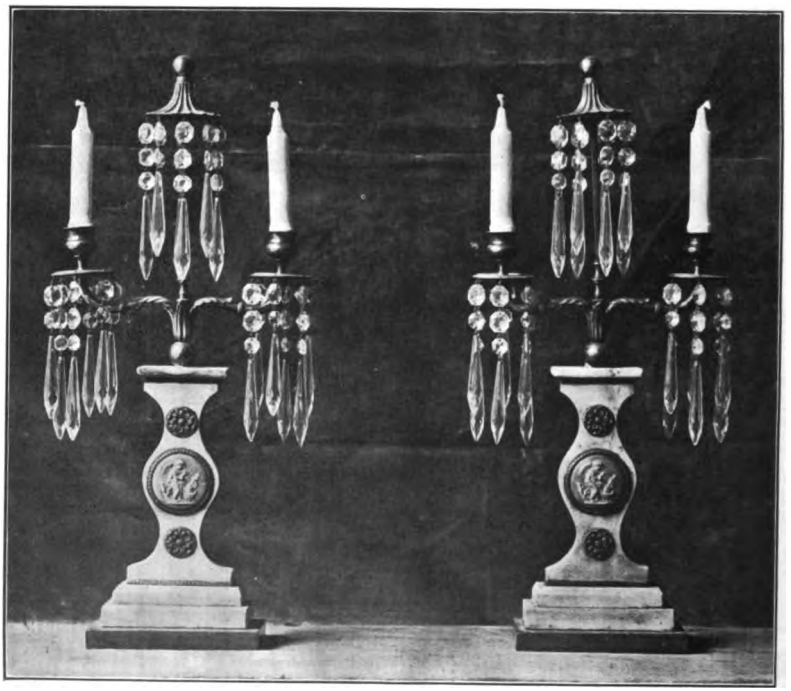
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dence in our grandmother's day; heirlooms of their English ancestors, they are suitable for any room, but are much more desirable in the library, as they match the brass of the fender and fire-set, and lighten the dark tones of the paneled walls. While the majority of brass candlesticks are Colonial in design, there are many interesting specimens shown of the same material, reproductions of Polish workmanship, differing in type from the English ones in that they are much more ornamental and taller.

Lustre candlesticks are very fashionable today, coming in many colors; but the more recent ones are mulberry, blue and yellow glass, the latter being a reproduction in coloring of the old sandwich glass so rarely found. The shape, however, differs, for the square stems have been eliminated and replaced by slender supports in harmony with the period. This type is used extensively on dinner-tables, as against the polished surface, they seemingly stand out like bits of brilliant jewelry.

On the mantle in great grandmother's kitchen stood rows of pewter, prominent among which were odd candlesticks. It was the delight of the children to be allowed to carry them to their chambers, and now, women grown, they are still hunting for similar pieces. In the reproductions they miss the mellow touches and the sheen of the antiques, but find the new fashions artistic in design, illustrating odd features, such as the tulip with the bloom of the flower forming the cup. Italy gives to us exquisite bits of soft, gray pewter, known as Majolica, or Tirralia, livened with red decorations, tall and slender, balanced with handles on either side, a charming foil for the yellow or cream pewter with twisted stand, both of which surpass the old designs in their uniqueness.

One is almost bewildered by the many types to select from, because every metal has been utilized for this purpose, even copper and tin have been decorated with dashing bits of color that lend a distinctive individuality.



ADAMS CANDLESTICK, WEDGEWOOD STAND WITH CAMEO MINIATURE

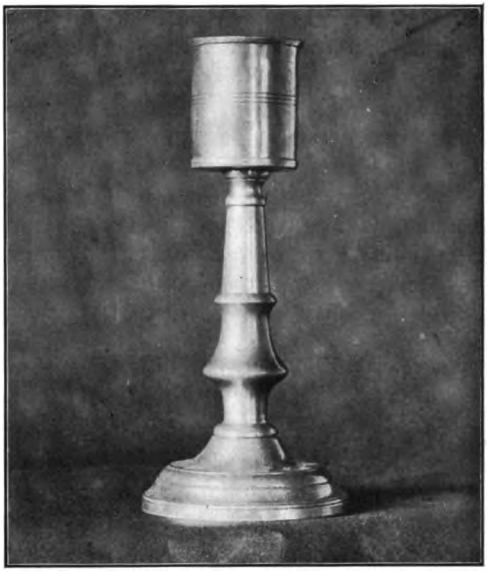
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How charming are the painted tin candlesticks, ranging from ivory white to odd shades of rose, blue, pink, and lavender, relieved by gayly-painted decorations, and their backs serving as a reflector, protecting the light from drafts, —particularly convenient for bedrooms, where, if one wishes to relieve the darkness of night, he can simply reverse it, thus eliminating the steady flow that would otherwise cause wakefulness. Diminutive designs of this same idea are shown in the children's lights, alluring the little ones through the transformation of the plain background into studies of nursery rhymes. Particularly novel is the smiling Kewpie, who sportively holds his candle aloft. These delight the little ones to such an extent that they forget their great dislike for the Sandman's nightly visit.

Arts-and-crafts shops have modeled wonderful realistic emblems, some representing the symbolic, seven-branch, Greek candlestick, and these appear either glazed or unglazed, and are often enlivened with raised figures, painted scenery, oriental designs, and hunting scenes, the latter being admissible for a man's room.

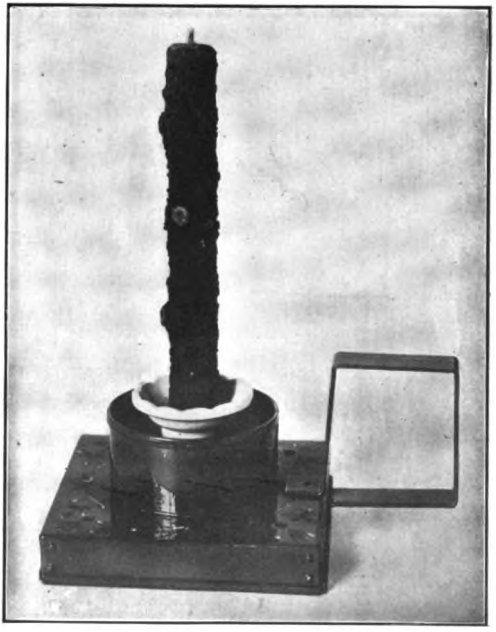
The introduction of a lacquer candlestick often lightens an otherwise somber room, as they make charming mantle decorations, and are admissible for the center-table, more particularly in living rooms, for many of them are so brilliant in tone that they create an essential color value. For the large hall or music room, torchères are coming into vogue, but they are in reality only a development of the oldtime candlestands, adapted to modern-day use. Altar candles, on account of their size, are practical, as they shed a bright light, and why not embellish their bronze and wrought-iron stands with hand paintings. The wooden ones, decorative in themselves, do not need further adornment.

Decorative iron has recently increased in popularity, although it has always maintained a distinctive place in fashion,



A PEWTER CANDLESTICK, A RARE SPECIMEN

for the reason that it retains its original form much longer than any other material. Twentieth century bits can be hammered out by an expert ironmaker, often equaling the delicacy and grace of an antique. They show a distinctive



CANDLE OF BAYBERRY FORMED TO LOOK LIKE A LOG, SET IN A BRASS CANDLEHOLDER

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quality, their beauty lying in the individual hammer blows, by which the work is formulated, as it is left in the rough, for when smooth it loses its charm. Since our entrance into the war it has been almost impossible to ship antiques to this country, which accounts for its extreme rarity; the best pieces, therefore, bring exorbitant prices. In its arrangement not every room is adapted for its use, as it is entirely out of sympathy with Sheraton or Adams furniture. There is a great danger, through ignorance, of promiscuous use and wrong placement, therefore great thought should be given to proper antiques, wonderful bits that have found their way into our country; but the sixteenth and seventeenth Italian Renaissance types are the most artistic, with baluster stems formed by four-pointed leaves; others rest on tripods of wrought-iron filigree work.



A SHELF OF CANDLESTICKS

The Christmas Spirit

It is not given me to spread the feast
Of viands rare and sumptuously fine —
Rich fruits, musk-hearted, from the ancient East,
And crystal flagons, mellow-dark with wine;
Nor mine, from widely-open hand, to fling
The overflowings of a lavish store,
In lightly-given Yuletide offering,
To poor and needy ones who pass my door.

For Want, in dull and meager garb arrayed,
Hath ofttimes hailed me, as a comrade may,
And, entering my cottage, unafraid,
Hath sat beside my hearth on many a day.
And from her I have gleaned a truth I hold —
That scores of those unfavored ones we see
Are yearning, not for ready gift of gold,
But for companionship and sympathy.

That generously, largely, I may share
With some heart-hungry pilgrim of the earth
The wholesome bounty of my simple fare,
The tonic-draft of healthful Christmas mirth,
And, in the gem-entangled glory spun
By flaming cedar bough and blazing cone,
An hour of happiness may give to one
Who hath no ingle-corner of his own.

And this I pray: Oh, let me never know
The greed of hoarding for a selfish end
The homely blessings that I may bestow
On stranger-wayfarer or lonely friend —
The loving-cup of kinship and of cheer,
The ungrudged welcome to my fireside;
So let me keep, dear Lord, for all the year,
The gracious spirit of the Christmastide.

— *Harriet Whitney Symonds.*

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War Days in a French Riviera Hotel

THE THREE MILESTONES OF THE DAY — "PETIT DEJEUNER, DEJEUNER, DINER"

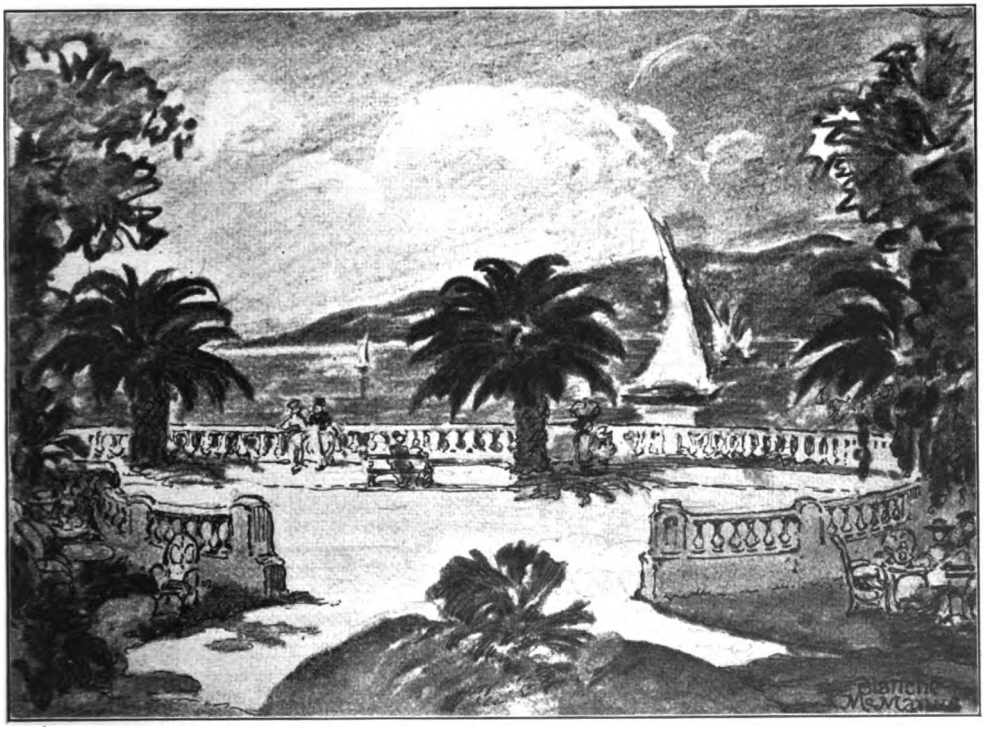
CHANGES AND ECONOMIES THAT ENTAIL NO REAL HARDSHIPS ON GUESTS

By Blanche McManus

OFFICIALLY the French Riviera, or Cote d'Azur, has been put within bounds and has become a rest, health and convalescence station for American officers and men, for pretty much its entire length. Relatives and friends, overseas, of many of those who will come here may be glad to know what are the wartime conditions of comfort and life along this de luxe coast of blue.

For several months I have been staying at one of the smaller, but, perhaps, the most chic and exclusive of all these Riviera resorts. It is composed of charming elements, ornate gardens and villas almost oriental in their cachet, a background of mountains and spicy pine forests, a foreground of the tideless blue Mediterranean, with a shore bulevard fringed with palms. An ideal restplace for our boys' convalescence, for whose accommodation two large hotels have already been taken.

I once had a villa here, but the exigencies of wartime housekeeping took me to a hotel, a modern structure of perhaps a hundred rooms. Its clientele is now largely French officers and their families, and, in spite of certain economies inevitable in wartime, life moves agreeably and comfortably, much as it did in the old days of touring pleasure, although with a



VIEW FROM A RIVIERA HOTEL IN FRANCE

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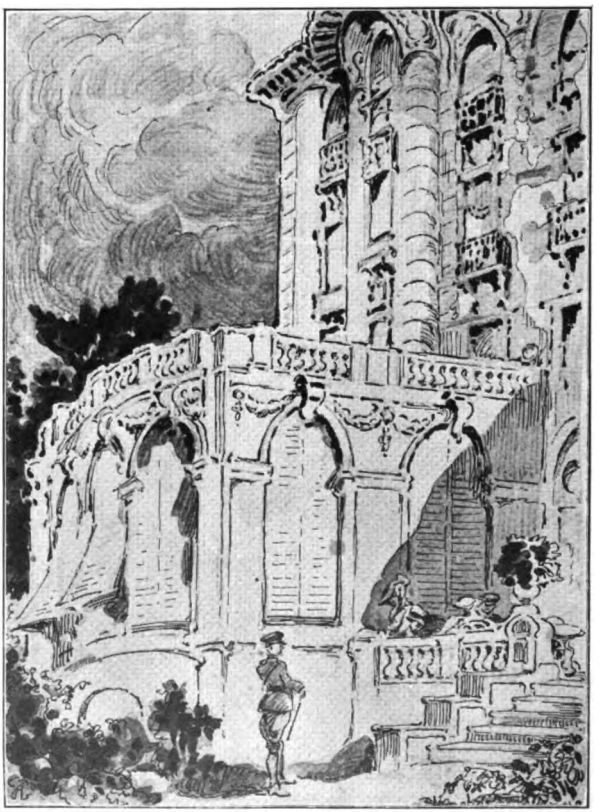
sedateness once very foreign to these brilliant shores.

We are, in the first place, in the "Zone de Guerre," though something more than half a thousand miles away from the fighting front. The reason is because of prowling submarines, which, however, have never nosed in here. Still it means restrictions, and our electric lights all throw out a ghastly pallor under blue paper shades and black cloth hoods. But for this and the innumerable officers one might forget that there is such a blight as war.

On arrival we are supposed to be equipped with our "Alimentation Card," on which we draw our allowance of bread, sugar, coal oil and alcohol. Without this document it would be like traveling without luggage.

The most notable changes are in the matter of the personnel. Women, or rather girls, have here, as everywhere, taken on the labors once largely performed by men and boys. Women run the entire hotel, and do it well. The one man is the porter, a *reformé*, or wounded soldier. In spite of this he carries trunks on his back five flights of stairs, the elevator having been shut down to economize fuel. Life in the trenches must have been easier for him, but a ten or twenty cent tip, at the outside, for moving a whole roomful of stuff, makes him happy. That there is hot water running through the house only on Saturdays and Sundays proves that there is another economy at work here.

As to the vital question of food. It is both good and plentiful, even if a bit lacking in variety, though the "little breakfast" of the morning has become even more attenuated than it ever was before the war. It was never anything but *cafe-*



THE DINING-ROOM WING

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au-lait and rolls and butter — now the *petits pains* are replaced by a hunk (no more refined expression will describe it) of bread of the war variety, good if toasted and buttered, but the French cuisine does not yet know the art of toasting, and as for butter it is absolutely prohibited in hotels and restaurants. So strict is this ruling that most Riviera hotels object to guests furnishing their own butter. Of course, an occasional guest does sneak some on to the table, but it places the hotel in the uncomfortable position of being called up for a *contravention*, which carries with it a fine.

Another regulation is that breakfast must be served before nine, in that milk may not be served after this hour. So far the hotels of the region have been able to furnish milk. It was always a beverage rare and costly on these southern slopes of grassless mountains, and today has almost trebled in cost.

Sugar the guest furnishes himself or herself. The local newspaper announces the day of each month that sugar will be allowed by the local grocers, and a coupon of your Carte d'Alimentation presented to the young woman at the town hall, who attends to this between the stitches of her fancy work, is exchanged for a "Bon," which entitles you to 500 grammes of sugar, your monthly allowance. With sugar trebled in price and hard to get, one accommodates oneself, and the average of the cost of living is on the whole considerably lower than is commonly thought.

The slimness of the breakfast is more than compensated for by the fact that one takes it at a little table on the open terrace, with glimpses of the crystal blue Mediterranean and amethyst-tinted mountains seen through palm trees. We few Americans do this; French folk almost invariably breakfast in their rooms. It is served on a little napkined tray, the coffee in a pitcher, as well as the milk, and you make your own *mélange*. The cup is placed always on the left side, flanked by a tablespoon, with whose aid you are



OUR FISHERMAN

supposed to fish up the morsels of bread, which you crumble into your *café-au-lait*. Quite *à la Francaise* this!

Luncheon, or dejeuner, may be served only between half past eleven and half past two, according to war regulations, and no food can be sold, under any pretext, out of these hours, except at railway stations. You are conscious of many little economies, but no hardships. The *carte du jour* is posted at the dining-room door, that one may read the regulations and the menu at the same time. There are rules for guests and the hotel keeper, and penalties for infractions.

The *salle à manger* faces on the garden and has the same beautiful view out over the sea, the windows shuttered with Venetian blinds to keep out the flies; by keeping the rooms in darkness is the only way the French know of keeping down flies, screens being unknown.

Dejeuner is invariably the principal meal of the day in France, whether in country or city, and usually has more courses in its makeup than has dinner. This is the natural result of beginning the

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day practically breakfastless. Before the war dejeuner usually consisted of a number of *hors d'œuvres*, perhaps as many as eight or ten, a fish or a *paté*, an *entrée*, a *grillade* or a *roti*, two vegetables, a cheese, a dessert and a fruit. Now the *hors d'œuvres* is abolished, one of the first courses cut out, and, as a great departure from French tradition,— done because it produces an economy in service,— the two vegetables are served with the meat dish. There is practically only one kind of cheese to be had out of the dozen varieties of before the war; cream cheeses, above all, not being allowed to be fabricated. There was once a heaped-up basket of fruit of many sorts, now one is apportioned but a single peach or pear.

These are the luncheon economies of a Riviera hotel. In spite of which we fare well. The Riviera finds the food question more difficult than it is in other parts of France, for the reason that it only occupied itself, before the war, with two de luxe businesses, catering for tourists, and growing of flowers for the northern markets and the making into perfumes. Its sole condescension towards prosaic food was a limited culture of early spring vegetables and fruits, which the war has almost obliterated. So when it was thrown upon its neighborhood resources, on account of the difficulties of transportation, the problem of making out daily menus with variety was quite a tax upon the ingenuity of the hotel proprietor and the kitchen staff.



THE FIG MARKET-WOMAN

There is this to say: the food is good and the portions ample. After four years of *pleine guerre* the following reads almost like the menu of a feast.

DEJEUNER

Timbale de Riz — Aubergines Frites
Boeuf Froid avec mayonnaise
Salade de Laitue
Fromage des Alpes
Fruits de Saison

The *timbale de riz* is a favorite southern dish in Europe, rice, usually cooked in its individual casserole, always with grated cheese, sometimes with chopped livers or veal, and sometimes with mussels or lobster, when it changes its name, but is quite nearly the same thing. Olive oil and garlic and saffron give it a zest and a tinge of greenish gold.

The *aubergines* are eggplant, usually fried in oil, and oil permeates most of the cookery here. It has gone up greatly in price, from twenty odd cents a quart to a dollar, but still it is the best and most effectual fat ingredient for use in the southern France kitchen, and is kept in great Arabian Nights jars, from which it is scooped up in ladlefuls. The cold roast beef also has its accompaniment in oil ingredient in the golden mayonnaise. The *fromage des Alpes* is a sort of gruyère, the kind with holes in it. For fruits there are the local grapes, melons and the little mandarin oranges grown on the hillsides sloping up from the shores of the Mediterranean, and for a brief season there are the white and purple figs, also a local product.

Another day's menu was as follows:

DEJEUNER

Sardines grillés
Tournedos Bercy
Pommes Rissolés
Fromage de Roquefort
Fruit

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French sardines from the off-shore waters, grilled, are one of the most delicate fish *plats* imaginable. Fish of any kind is scarce in spite of this being the seaside. Next to sugar it is about the scarcest thing on the table. There is no night fishing, which accounts for the shortage to no little extent. The National Defence regulations forbid that fishermen should go out after sundown, and it was at night that they used to make their biggest hauls. Sardines are a real oasis in a watery desert. The *tournedos* is a bit of tenderloin, as near as the French way of cutting meat allows one to describe it. The *rissolé* potatoes are first cut thin, and then puffed up in alternate plunges in boiling oil and cold water. We were in luck to have potatoes, for the potato crop of France is this year only about a third of normal, but the hotel proprietor had the forethought to plant out beds of potatoes between the rows of palm trees of the garden, and so harvests his own crop, which, providentially, was ample.

A sample dinner menu is as follows:

DINER

Potage — Oeufs Dures aux Epinards
Gigot de Mouton — Tomates Provencale
Courgettes en beignet
Pommes au Four

The soups seasaw between vegetable and consommé. plain or with vermicelli, always spoken of, in all its forms, as *paté*, but this is rationed to the individual to the hundred and twenty-five gramme a month scale, a little more than a quarter of a pound. For this it is not often on the menu, though with the water-absorbing qualities, a quarter of a pound is still a good deal, when served in soup.

A peculiarity of the French dinner menu is that eggs are served always as a course by themselves, and potatoes rarely, and then usually as a purée with roast beef. The mutton, or gigot, is always with hearts of garlic, much or little, according to the fancy of the chef, or his regard for his clientele. Fowls have practically disappeared from the hotel tables. It is said that American and British troops, by buying up chickens and fowls, at what the French deem fantastic prices, have brought about a national shortage. Their place is taken by rabbit, wild or pen-fed, the latter to be preferred.

A *bon bouché* is the *tomate provencal*, more garlic interspersed with the halved, or perhaps stewed up tomato. The *courgette en beignet* is a species of squash fried in batter. It is the standby vegetable of the summer and autumn in these parts.

Pomme au four is merely a baked apple, but baked with wine poured over it, making a syrup with the natural sugar of the apple, the only sweetening it gets.

These are a few samples of our menus, just to show that American soldier visitors to the Riviera, during their "occupation," will find the food problem well handled, indeed. And this during these days of war.

The Winds of God

Oh, mighty winds,
  Oh, winds of God,
Blow East, blow West,
  Where men have trod.

Dissolve the clouds
  That hide the light,
Remove the shrouds
  Of darkest night,
Blow East, blow West,
  Oh, winds of God.

Oh, mighty winds,
  Oh, winds of God,
Blow North, blow South,
  Where men have trod.

The grain winnow,
  The years sweep clean,
A harvest meet
  The world may glean.
Blow North, blow South,
  Oh, winds of God,

— *Hattie H. d'Autremont.*

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The Little Kitchen on Wheels

By Ida S. Harrington

Home Economics Director For Rhode Island

"WHAT is extension work? To me it suggests geographic surveys!"

Questions like this, to the mirth of the well-informed, are not unknown. War conditions have demonstrated the meaning of terms hitherto unfamiliar, but even now extension work suggests to many minds the covering of extensive territory. Extension workers themselves, if they come from the larger states, smile indulgently, as they report the number of mileage books consumed by them, at the idea of doing extension work in a small state. As the man of a thousand acres regards the intensive cultivation of a ten-by-twelve, so do workers in full-grown states look upon the activities of little Rhode Island.

It is all in the point of view. Intensive extension work is not necessarily a contradictory term. Ideas percolate slowly in places where the superlative of adventure and the year's one outing are represented by the county fair.

There are still such places in Rhode Island, not far in miles from the roads that glide so smoothly out of Massachusetts and into Connecticut, but mentally just awaking to a sense of ownership in the state that is doing its little best so nobly in the world war.

These are the places that the food conservation worker longs to reach, and to reach often enough to break down the wall of reserve that surrounds them. For just as the collector of old furniture finds the choicest gems in remote places, so the teacher, whose work it is to revive half-forgotten practices of old-time thrift, looks for her best help in households that have never learned extravagance.

But getting into such households is another matter. To persuade a housewife that you have come to enlist co-operation, and not to cram instruction, requires not merely the "tongues of angels" but a visible common interest. "Putting our feet under the same table" is one means; washing dishes together is another; inviting a woman into your kitchen to see you cook is, perhaps, the best of all, unless that kitchen is so overequipped as to suggest unwelcome contrasts. Rhode Island's little kitchen on wheels, a Ford truck of unheroic proportions, has been an asset, not only in its ability to "ramble right along" through every manner of by-way, but even more in the evident limitations that stamped it as "not too fair and good for human nature's daily food." It appealed to people who could never have been beguiled into a formal meeting place.

When the little kitchen appeared at country fairs, the combination was a particularly happy one. It was, therefore, fitting that its last public appearance, before retiring for the winter, should have been at the Fiskeville Country (*not* County) Fair, an institution deserving a write-up of its own, because there are few like it. Started by a Sunday-school class, and managed by women, it has grown into a community gathering of young and old to compare progress in the growing of better stock and better crops, of more wholesome cooking and more expert canning. No side shows nor gambling devices spoil the picture. This year a Hoover tent served conservation lunches, and the usual three-story layer-cake exhibit was replaced by less decorative, but more timely, loaves of war bread. Verily, a place worth reaching, even under difficulties, as Fate evidently intended to demonstrate, for she saw to it that difficulties were not wanting.

It would seem impossible that a day should dawn when, in the entire city of

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Providence, there was not a man available who could drive a Ford truck. But on this particular morning, the demonstrator, keyed to a dramatic progress in her work-shop on wheels, was facing, instead, the anticlimax of a devious trolley trip, and the *probable* anticlimax of a kitchenless, stoveless, foodless demonstration. For still the Guardian of the Hoover Hut sought vainly (like a philosopher of another day) for "an honest man."

The demonstrator, boarding her car with the resolve to use the "traveler's long leisure" of a single-track trip as a reconstruction period for her subject matter, learned once more that in extension work it is always the unexpected that happens.

"Are you a reporter?" inquired a voice behind her, and out of the corner of her eye the demonstrator beheld a Dickensesque scarf and chin, while her ear was regaled with a Dickensesque flow of language, calculated to enrich the life of an unabstracted listener. So much for reconstructive leisure!

Meantime, there entered the Hoover Hut in Providence a sailor, ostensibly to write letters there, but evidently eager for an antidote to the tedium of a recent hospital sojourn. Said the inspired Guardian to him: "Can you run a Ford?" Here was a chance for one to whom life had but just now seemed stale and unprofitable: to drive a peripatetic kitchen, flying the flags of Uncle Sam and Hoover, in company with two bewitching Hoover girls in costume, to the scene where "the outfit" was to be the center of attraction! "Lead me to it!" breathed the youth, but his hopeful smile vanished at the next query: "Have you a license?" Once more the trip seemed doomed, but the Guardian was resourceful. "I know a man with a license, but he can't drive a Ford. Why not employ two specialists, one to drive and one to legalize the driving?"

In the joyous setting forth thus made possible, the city limits were in sight, when some one groaned: "*Where* are the supplies for the demonstration?" A much-subdued little kitchen retraced its progress, and a basket of supplies was gathered in. To be sure, a few essentials such as an oven, a bread-board, and a rolling-pin were forgotten, but what seasoned demonstrator is appalled by such trifles? Surely not the vastly relieved woman who gathered the little kitchen, metaphorically, into her arms on its safe arrival in time for the program!

Paper is always a possible makeshift, when no bread-board is forthcoming; a bottle does duty for a rolling-pin; as to the oven, well, there were the keepers of that blessed Hoover tent, and their readiness to lend their all to a fellow-worker in distress.

And now a dinner-bell swung in the competent hands of an agricultural dignitary summoned the crowd. There is something infinitely convincing in the sound of a dinner-bell. The ground was still wet from the previous day's downpour, the wind blew lustily, the sun's rays were piercing. Nevertheless young and old came. Perhaps many thought that they were to see and hear only of things culinary, that humdrum industry, from which, for a day, they were taking holiday. But straightway a different note was struck. A young nurse, just back from "over there," spoke to the people of what she had seen, making them forget themselves and her, except as helps or hindrances in the great cause.

Very humbly the demonstrator followed her. O, for the ability to raise the "how" of conservation to as high a plane as the "why" which this inspired girl had demonstrated!

But Fate, all day in sportive mood, willed it that, before the sublime too greatly darkened the holiday mood, the ridiculous should tread on its heels. Just as the first course of the "war dinner" had found its haven in the borrowed oven; just as the demonstrator had started on a new division of her subject matter, and a new dish for her meal, there

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occurred what might be termed an involuntary intermission. With drum and fife and streaming banners there marched, from a remote section of the fair grounds, the local fire company, eager to be present at "the cooking," and oblivious of the effect of their emphatic entrance. No sooner had they taken their places, than another band burst into responsive harmony, and for ten minutes the demonstrator "hovered" her oven, which was rocking in the gale, smiled reassuringly at the harrassed women who wanted the band stopped, and waited. In due time, a second and third dish reached the oven stage, and it became evident that no self-respecting stove would work under such scoffing blasts of wind. But though the stove might be a slacker, food still could win the war by a masterly retreat, oven and all, to the shelter and stove of the Hoover tent.

There followed the closing words of the demonstration, and the feeding of the multitude. Then, as the little kitchen was girding itself for the return trip, came its crowning triumph.

"The cattle parade is just forming, won't you take part in it?" Could any one decline such an honor?

Down the road came the prize-winners, sleek Ayrshires, demure Jerseys, high-bred sires indignantly protesting, calm and stately oxen, frisky ponies, lastly, a solitary goat. And at the word of command, with a joyous toot of its horn, the little kitchen scuttled to position, at its helm the sailor who could drive, and the man who held a license; perched on camp stools, like plates on a plate-rail, the Hoover girls and the demonstrator. Amid cheers and farewells, the little kitchen finally turned toward home in the twilight. And in a secluded bit of road a Hoover girl reached for the dish that had lately held portions of the war dinner, and remarked, as she meditatively scraped and tasted, "Food will win the war."

The Study of Mother-in-laws

By L. M. Thornton

"MY mother-in-law is coming, is coming, is coming," laughed pretty Mrs. George Page, dancing about in a way which quite mystified her friend and neighbor to whose home the coming of husband's mother was apt to prove anything but a cause for laughter; "and she's going to stay two weeks," continued the rejoicer, and by the time she goes George will eat out of my hand and buy me an extra Liberty Bond. He's been getting a little uneasy of late, and he sniffed when he smelled the burned potatoes last night, but two weeks of mother, oh joy, oh joy, where do we go from here."

"But I don't understand," Mrs. Bigsby's big blue eyes looked troubled. "John's mother is an excellent cook, he is always telling me about her cakes and pies, and the way she fried potatoes, and when she comes, oh! my most trusted recipes fail me and I know John tells her, as they sit waiting for the meals that seem always to be late, how he wishes his wife could give him such stews as he used to come home to when a boy. She has written that we can look for her almost any day now, and I hadn't told you for the same reason that one keeps bad news until the last possible moment from any one they like."

"You poor little mouse," Mrs. George was laughing again, "some one ought to write a book on how to manage a mother-in-law. I'm going to tell you my plan, although, of course, you mustn't breath a word of it even to John,—you see you might want to use it yourself sometime. First,

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the moment George comes in I'll show him this letter, and I'll tell him how glad I am that we are to have two weeks of real cooking. He'll begin to tell me about his mother's doughnuts, and I'll write doughnuts on a slip of paper, and mince pies out of mince meat that she alone knows how to make, and clam chowder. Do you begin to see, dear? Not yet; then listen. The moment she arrives I'll begin telling her about how George has anticipated her coming. I'll give her every morning a list of the things he has been wanting cooked, as no one but mother can cook them, and she'll fall into the trap, as only a mother-in-law can. She'll puff out like a pigeon, and all I'll have to do will be to keep out of the kitchen and let George pay the bills. When I am cook, I pay for everything as I get it, but when George's mother comes, I will tell her to order anything she wants, and it will go on the bill. After her last visit George doubled my allowance, and said he didn't see how I'd ever gotten along on what I had. His mother extravagant! there isn't a man in the world who would think that."

"I begin to see," the demure little neighbor's face was dimpling, "but how do you take her out to matinées and shows and through the stores. Oh, that is the thing I dread, and yet I have to do it, or else she would think me ashamed of her, and John would remind me, in that coldly sarcastic way of his, that he wondered he was good enough to go out with me if his mother wasn't."

"Oh, wake up," Mrs. George was dancing again, "you forget the chowder and the home-made mince meat and the salt-rising bread. No woman can go to shows, and lectures and through stores, and watch a bean pot. George remembers his mother as a woman who staid at home and cooked for six lusty boys, and she don't dare tell him that she has changed; that she had rather look in at millinery windows than stay in the kitchen and bake cookies. She rejoices over every word that he says about the modern, gad-about woman, and makes crullers."

"But George? Aren't you afraid to risk the comparison. Don't you have to stay in after she has visited you and make tedious, messy things for fear he'll wish he had his mother all the time instead of an up-to-date wife, who uses a fireless?" The question was asked timidly, yet hopefully.

"Not at all; last time I put on my very prettiest hat and coat and met him down town. He was like a lover again, and I told him I was afraid we'd get too hungry and couldn't digest the dinner she was getting up for us. He took the hint and we dined, tête-à-tête, in the dearest little restaurant, and it was like old times. That night he had indigestion and I gently suggested that I call his mother down to do something for him.

"You should have heard him beg me not to let her know of his illness. You see, on a former visit he had a little stomach trouble and she insisted upon vomiting him with lukewarm mustard water, giving him soda in allopathic doses, and the mustard plaster she made out of real mustard and wheat flour, no prepared plasters for her, burned a blister where she applied it over the pit of his stomach, and he had to wear suspenders instead of his belt for a week."

During the next three days there were frequent conferences, and when two mothers unstrapped ample suit cases at the Page and Bigsby homes the following week, each was met by a smiling daughter-in-law. Mrs. Bigsby was especially pleased with the change in John's wife. Instead of giving her a book to look at and shutting herself into the kitchen, she suggested that mother fix the cabbage in the way John used to like and make the gravy. That night, quite by accident(?) the subject of mother's cooking came up, and after Mrs. Bigsby Sr. had heard her cakes and cookies and roasts praised to her heart's delight, she could not be other than flattered when daughter Alice declared she was going to keep right out of the kitchen and let John have the treat of meals such as he remembered from

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boyhood days. His mother looked a little surprised, but the next morning donned an apron and baked cakes just as she had in her son's school days, bringing them in hot from the griddle, while Alice and John ate and praised.

At the end of two weeks, by a strange coincidence, Mrs. Page and Mrs. Bigsby found themselves seat-mates on a train taking them toward their homes, each living, however, in a different town.

"It will seem good to get home," said Mrs. Page. "I always like to go and visit George, a week of real home-cooking seems to do him so much good, but their stove is more than I can manage. My cakes wouldn't bake as they ought, and were always heavy, and pie crusts were just as apt to be soggy on the bottom. I couldn't help telling George, just before I left, that if I was Bertha I'd insist upon his buying a new range and some deeper pie-tins, and a bread-mixer, and a wooden chopping bowl, and a pancake turner, and a good many other things that I've always had in my kitchen, and that his father'd never have expected me to get along without."

Before tidying up the house Mrs. John Jr. ran over to her neighbor's. "It worked," she exclaimed triumphantly, "and I've never had such a really restful week. The best of it is the good it has done John. Being a man he don't exactly understand what the trouble is, but last night he told me he'd be glad when we settled down again to regular living, for he guessed he's lost his appetite for sausage, and potato-stew and home-made head-cheese, and a lot of things that he used to think fit for a king. Some way they didn't taste the same now, and I had better plan to get out my Cooking School magazines, for he wanted a real dinner with soup and dessert and one of my fruit salads and all the other goodies I've been spoiling him with all these years, the very moment his mother got out of sight."

"I told you so," laughed her neighbor, "and just you wait until he compares the bills for the last two weeks with those of the two weeks previous. Don't let him miss doing that; suggest that the grocer or the butcher must have overcharged you, and while he's comparing prices and hunting for that overcharge that every male householder likes to ferret out, he'll wake up to the fact that wife's conservation ideas not only conserve for the boys 'over there,' but keep the sides of his pocket book from flapping against each other."

"There is nothing like the visit of a mother-in-law to oil the domestic machinery, if daughter-in-law knows how to manage," said Mrs. Page.

"Let's pass the idea along," replied Mrs. Bigsby. "We'll do it," said both together. "Happiness likes company."

Who is Me?

'Twas I he called his lady-love,
And hence the reverie;
If lady-love is who I am,
Who is it that is me?

'Twas I he called his lady-fair,
What strange perplexity!
Do ladies-fair sew buttons on,
Or who is this that's me?

'Twas I he called his lady-dear,
And who could then foresee
That ladies-dear must cooking do?
I wonder who is me.

His lady-love, his lady-fair,
His lady-dear, all three —
And as I wash the dishes up,
He says that I am me.

— *Mrs. Lewis Chase.*

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Christmas in Denmark

By F. M. Christianson

WHEN the time comes to say Glaedelig Jule, the Danish way of saying Merry Christmas, there is ushered in two weeks of merrymaking.

Nobody does other than the most necessary work. Farmers, with their families, vist from farm to farm, and the time is given up to sleighing, skating, hunting, and all sorts of outdoor and indoor merriment.

Christmas Eve, or Jule Aften, is a festival sacred to the family, and every member is expected to be home on that night of nights to dance about the Christmas Tree. In every home is a window, through which you can see the grand tree blossoming with light and gifts for each member of the family.

Quite early each fall, just about the time the storks go away, there comes to Denmark, from the north, or Jutland, as the peninsula is called, large boats loaded with coarse brown crockery in the shape of pigs. The youngsters board the boats and prefer their request; they wish to buy a "Yule pig." These images have a slit in the back and are just a bank for the children's pennies, against Christmas time, when the "pig" is broken.

Just before this gala season, beeves and porkers are killed to provide the annual meat supply, and a great quantity of candles are prepared for the Christmas illumination, and some of these are colored and flavored with spices, and so give out a pleasant odor when burning.

The Danish children have no Santa Claus, but lavish their affections on "Nisse" or Brownies. These are diminutive men no higher than a man's knee, having long beards and dressed in gray with bright scarlet caps. They are supposed to live underground, except at Christmas.

If you happen to be out and about early in the morning after Christmas Eve, you'll see on the doorsteps porringers of porridge standing on each stoop for the Nisse. All the little Danes feast their Brownie.

Sheaves of wheat are always put out on the roofs, or fastened to the window-shutters, so as to be ready for The Bird's Banquet on Christmas Day.

The tree is lit on Christmas Eve, and all the family meet together then. The older people get their presents on their plate, at table, but the children's are on the tree.

Much merriment is provoked when a large, imposing-looking parcel is handed to a youngster, and he begins to undo the wrapping and, at the end of his toil, finds ensconced in a little box a small doll or a pen knife!

The mother is the super-being in the home, and her gentleness and solicitude are proverbial. She stamps her impress upon all the activities in the home, and shares in the work and play in such a way that the Dane always longs to get back home, and Christmas and all the interval till New Year's is a season of family reunions and good fellowship, which cement firm the chain of relationship.

The Danes have a joke. A turkey is not a good table bird, as it is a little too much for one Dane, but not enough for two. So they eat roast goose instead for their Christmas Dinner, and have apple fritters in lieu of plum pudding.

The wife excels in cookery, and the Danes require the best and an abundance of everything.

The Danes, in common with other old-country nations, are very superstitious and believe that at midnight on Christmas Eve the cattle in the stables rise and low in salutation.

Fairies, or nisse and trolls, as they are to the Danes, are supposed to do all sorts of funny and mischievous tricks on the farm!

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The children love to watch the sky as they travel after starlight, and they believe that, if you are quick enough to wish out your wish before the shooting star falls, you'll have your wish.

The mistletoe is held sacred to their goddess, Freya, the Scandinavian goddess of peace and fertility, and so it is believed that the maid who is not kissed under the mistletoe at Christmas will not be married before the next Christmas. A berry should be plucked for each kiss.

"Yet why should this holy festival mirth
In the reign of old Christmastide only be found?
Hang up love's mistletoe over the earth,
And let us kiss under it all the year round."

Pepper Nuts

1 egg
½ cup granulated sugar
½ cup butter
1 teaspoonful baking powder
½ teaspoonful ground white pepper

Work in enough sifted flour to make a soft dough. Roll out the dough to the thickness of one-fourth an inch, and cut into blocks one-half inch in size, and bake a *rich* brown in a quick oven.

In view of the scarcity of nuts, you will find this a pleasant substitute among the kiddies' Christmas confections.

These pepper nuts are delicious, have a delightfully mild warmth about them, and crunch on the teeth in the manner of good cookie paste, when well baked.

Popcorn Balls Made With Honey

Put one pint of granulated sugar, and five large tablespoonfuls of clover honey on the stove to cook, in a granite saucepan. Let boil until it gets brittle, when put in cold water.

Have fresh popped corn ready in a large pan, and get another person to pour a little of the boiling hot syrup on the corn, while you stir and toss it in the pan, doing just two or three balls at a time, since it hardens so rapidly.

Dip your hands in very cold water, shaking off any surplus and press the corn into balls and set away to harden.

Honey Cake

2 eggs
½ cup butter
1 cup milk
1 cup honey
2 teaspoonfuls baking powder
A good pinch of salt
3 cups flour

Cream the butter and gradually beat in the honey.

Beat eggs and stir into the cream. Sift the baking powder with the flour; add the milk to the creamed honey and butter, and beat in the flour. Bake a rich brown in a moderate oven. Time about one hour.

In the Old Land, when any of our elders went to the Fairs, they always brought home a fairing for each child in the shape of a *honey cake*. There never can be just such another cake! It was delicious to the last crumb! You can never get enough of them!

They were always so soft and moist, yet never soggy, and such a rich appetizing brown. Honey cakes are famous in the Old Land and deservedly so.

A Household Vinegar Plant

Every housewife can make a supply of vinegar for her own use. This is our method and we are never out.

We keep seven or eight two-quart glass jars on "The Vinegar Shelf." Jars having a nick in the top will do.

Into these we put all sweetened juice, *e.g.*, anything having alcohol in it. A little syrup left over, a little fruit juice, a spoonful of honey, or anything that will make sweetened water, we fill into the jars, and put a tablespoonful of yeast into each jar when we start it. Then, from time to time, we add the rinsings from fruit jars, etc. The solution will be weak to start, but that hastens the souring, and then, as it begins to sour, you can add more molasses, sugar, cider, etc., till the vinegar is as strong as you wish.

Give the vinegar lots of air and warmth, especially if you want to make vinegar quickly.

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Christmas Sweets Without Sugar

By Alice Urquhart Fewell

AS Christmas draws near the little folks are beginning to wonder how Santa Claus will manage this year to fill the stockings with candy from his "two-pound sugar ration," for Santa Claus, like all other patriotic people, is saving sugar to help win the war. The "grown-up folks," too, are beginning to wonder about plum puddings and Christmas cakes, for the sugar regulations were never made to include the sweets which are a part of Christmas in every American family.

The children need not be disappointed, and we may have simple puddings and cakes for Christmas by using sugar-substitutes. We have not only one substitute but many to choose from, and when properly used, they will produce most excellent results.

When making Christmas puddings and cakes we have the conservation of three food-products to consider: sugar, wheat, and butter. In place of cane sugar we may use molasses, honey, maple sugar, maple syrup, or corn syrup. Victory flour may be used, or a mixture, made in the home, of wheat flour, and at least 20 per cent of some wheat substitute. Entirely wheatless cake and puddings can be made by using barley, rye, or corn flour, and when mixed and used in the right proportion, these substitutes will give good results. Butter may be replaced by any of the good, firm, vegetable fats, or by beef drippings. Clarified chicken fat is excellent for cake, and among the vegetable fats, Crisco will be found good. A variety of Christmas candies can be made from honey, maple sugar, maple syrup, or corn syrup. Fondant, made from maple syrup, is delicious, and forms a foundation for many candies.

The following recipes show a wide range for the use of sugar-substitutes in making Christmas sweets.

(Use level measurements, and a standard measuring cup. Sift all flour before measuring.)

Rich Plum Pudding

½ pound stale bread crumbs
¾ cup scalded milk
½ cup honey or maple syrup
3 eggs
½ pound seeded raisins
¼ pound chopped dates
¼ pound currants
1 apple, chopped fine
½ glass orange marmalade
½ pound chopped suet or half vegetable fat
¼ cup grape juice
¼ teaspoonful clove
¼ teaspoonful mace
¼ teaspoonful nutmeg
½ teaspoonful cinnamon
1 teaspoonful salt

Soak bread crumbs in scalded milk, and allow to cool. Cut fruit fine and dredge with rye or barley flour. Add honey, beaten yolks of eggs, and fruit to milk and bread crumbs; add orange marmalade. Cream the chopped suet, and add it together with the grape juice, spices and salt. Mix well and add whites of eggs, beaten until stiff. Citron and candied orange peel may be substituted for the orange marmalade, and three-fourths to one cup of corn syrup used instead of the honey or maple syrup. When the corn syrup is used, decrease, slightly, the quantity of milk. The mixture should be very stiff, so that it is difficult to stir, and if the bread crumbs are very stale, more milk may be required. Turn mixture into a greased mould, fasten cover tight, and steam five hours or longer. If small individual puddings are made, two and one-half to three hours are sufficient for the steaming. Serve with the following sauce.

Plum Pudding Sauce

¾ cup white corn syrup
2 teaspoonfuls corn starch
1 cup boiling water
½ tablespoonful lemon juice
Grated rind of ½ lemon
2 tablespoonfuls grape juice
Few grains salt

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Mix cornstarch to a paste with a little cold water; add to corn syrup and boil five minutes. Remove from fire, and add remaining ingredients.

Christmas Pudding

- 3 tablespoonfuls vegetable fat or clarified drippings
- ½ cup molasses
- ½ cup milk
- 1½ cups Victory flour
- ¾ teaspoonful salt
- ½ teaspoonful soda
- ½ teaspoonful nutmeg
- ½ teaspoonful clove
- ½ teaspoonful cinnamon
- 1 cup raisins
- ½ cup figs or dates
- ½ cup chopped walnuts

Melt the fat; add the molasses and milk. Cut the fruit fine and dredge it with a few tablespoonfuls of the flour. Mix and sift dry ingredients, and add them to the first mixture; add fruit and chopped nuts. Turn into a greased mold, and steam two and one-half hours. Serve with Plum Pudding Sauce. If a wheatless pudding is desired, substitute one cup of barley flour and one-half cup rye flour for the Victory flour.

Fruit Cake

- ½ cup firm vegetable fat, or clarified chicken fat
- 1 cup honey, or 1½ cups molasses
- 5 eggs
- 2 cups Victory flour
- 1 teaspoonful cinnamon
- ½ teaspoonful nutmeg
- ½ teaspoonful allspice
- ½ teaspoonful mace
- ½ teaspoonful clove
- ½ cup grape juice
- ¾ teaspoonful soda
- ½ pound currants
- 1 pound seeded raisins
- ½ pound citron, cut fine
- ½ pound chopped dates
- ½ glass orange marmalade, or ½ pound chopped figs
- ¼ pound almonds, blanched and chopped
- 2 squares chocolate

Cream the fat and add the honey or molasses gradually. Separate the eggs and add the yolks, well beaten. Add whites of eggs, beaten until stiff and dry. Reserve one-fourth cup flour to dredge fruit; add spices and soda to remainder of flour, and sift into the mixture. Cut raisins in half, dredge fruit with the flour, and add all but the citron; add orange marmalade and almonds. Melt chocolate over hot water, and add it together with the grape juice. Put into greased pans, and add citron between layers of the cake mixture. Tie greased paper over top, and steam three hours, then bake in a very slow oven one and one-fourth hours. If a wheatless cake is desired, use one cup rye flour, and one cup barley flour instead of the Victory flour.

Maple Cake

- ½ cup vegetable fat
- 1 cup shaved maple sugar
- 2 eggs
- ½ cup milk
- 1¾ cups Victory flour
- 3 teaspoonfuls baking powder
- ½ teaspoonful salt
- ½ teaspoonful vanilla

Cream the fat; add shaved maple sugar, gradually, and eggs beaten until light. Mix and sift the dry ingredients, and add them, alternately, with the milk. Add flavoring, and bake in a moderate oven for forty minutes. One cup maple syrup may be substituted for the maple sugar, and in this case only one-third cup milk will be required. If a wheatless cake is desired, use one cup barley flour, and one-half cup rice flour in place of the Victory flour. Other wheat substitutes may be used. When substituting rice, corn, or potato flour, use only one-half to three-fourths as much as would be required of wheat. Barley or rye flour may be used in the same proportions as wheat flour.

Maple Syrup Frosting

1 cup maple syrup — White of 1 egg

Boil maple syrup until it spins a thread when dropped from a fork. Pour, gradually, over the stiff-beaten white of egg, beating constantly, and continue beating until thick enough to spread. One cup corn syrup may be substituted for the maple syrup, but the frosting will be moist, and will never harden as the maple syrup frosting does.

Decorating Christmas Cakes

Christmas cakes, made in fancy shapes, may be frosted and decorated in many ways to suit the individual taste. To give variety, bake the cake in three pans, each one smaller than the last, piling the cakes one on top of the other to form the pyramid shape shown in the illustration.

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Square pans may be used instead of round pans, which gives an unusual appearance to the cake. The Maple Frosting is good for Christmas cakes, as the color makes a desirable back ground for the red and green decorations. The decorations should be put on the cake before the frosting becomes hard. The following may be used for decorating Christmas cakes: holly, cranberries, angelica, blanched almonds, candied cherries, or candied pineapple. Roses or other decorations can be made by pressing the frosting through a pastry tube and bag. For this purpose, the frosting must be beaten a long time, and should be very thick. *The Christmas Cake, shown in the illustration, is frosted with Maple Syrup Frosting, and decorated with cranberries, holly berries and leaves, and red Christmas candles. The candle holders should be dipped in the frosting to produce a uniform color. *The Fortified Victory Cake is decidedly patriotic in the arrangement of its decorations, which consist of cranberries, angelica, blanched almonds, Christmas candles, and a flag.

Maple Nut Candy

3 cups maple syrup ½ cup chopped walnuts

Boil the maple syrup until it forms a soft ball when tried in cold water (238 degrees F.). Remove from fire, and beat until thick and creamy; add nuts and pour into a greased pan. When nearly cool, mark into squares with a knife.

Honey Taffy

2 cups strained honey ½ tablespoonful vinegar

Boil the honey until it becomes brittle when tried in cold water. Honey burns easily, and care must be taken to have the fire low and to stir constantly during last part of the boiling. Just before removing from the fire, add the vinegar and pour into a greased pan. When cool enough to handle, pull until light in color and cut into lengths with a pair of scissors. When cold, wrap each piece in paraffine paper, as taffy becomes sticky on exposure to the air.

*See page 351.

Christmas Candies

An iron kettle is desirable in making candy, but an agate saucepan may be used instead. A candy thermometer is convenient, but not necessary, and in the following recipes the test is given besides the temperature. All the candies are made without cane sugar.

Walnut Brittle

2 cups white corn syrup ½ cup chopped walnuts

Boil corn syrup until it becomes very brittle, when tried in cold water. Stir constantly toward end of boiling to prevent burning. Add nuts, pour into a greased pan, and when nearly cold mark into squares with a knife. If candy is to be kept any length of time, wrap in paraffine paper.

Maple Syrup Fondant

3 cups maple syrup 1-8 teaspoonful cream of tartar

Boil maple syrup and cream of tartar until a soft ball, which will just hold its shape, is formed when tried in cold water (238 degrees F.). As the boiling syrup adheres to the sides of the kettle, it should be removed with a damp cloth, wrapped around the tines of a fork. The syrup should not be stirred while boiling. Remove from fire, and pour on a greased platter. When partly cool, but not hard on the edges, begin to work with a wooden spoon. When mixture begins to lump, knead and work with the hands, until perfectly smooth. Put in a bowl or jar, cover with paraffine paper, and allow to stand twenty-four hours, when it is ready to make up into various candies.

Candies made from Fondant

Bonbons may be made by rolling small pieces of fondant into balls, and dipping

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The Day and the Work

To each man is given a day, and his work for the day;
And once, and no more, he is given to travel this way.
And woe if he flies from the task, whatever the odds;
For the task is appointed to him on the scroll of the gods.

There is waiting a work where only his hands can avail;
And so, if he falters, a chord in the music will fail.
He may laugh to the sky, he may lie for an hour in the sun;
But he dare not go hence till the labor appointed is done.

To each man is given a marble to carve for the wall;
A stone that is needed to heighten the beauty of all;
And only his soul has the magic to give it a grace;
And only his hands have the cunning to put it in place.

Yes, the task that is given to each man, no other can do;
So the errand is waiting; it has waited through ages for you,
And now you appear; and the Hushed Ones are turning their gaze
To see what you do with your chance in the chamber of days.

Edwin Markham in the Nautilus.

THE OLD ORDER CHANGETH

IN these days, affairs of the greatest concern are moving swiftly to a logical conclusion. Well nigh everywhere the privilege of suffrage is almost universally conceded to be a self-evident truth and the natural right of mankind. The use of alcohol, as a beverage, so long the curse of the human race, is almost prohibited among civilized peoples. The end of a world-wide war is in sight and an era of peace on earth and good will to man seems to be approaching as something more real than a dream or vision. When people come once more to themselves they will wonder what it was all about. The losses over the most prosperous parts of the earth have been enormous and awful; they can neither be estimated in figures, told in words, nor realized in thought. From a material point of view certainly no nation involved in the conflict has gained anything. Years, even generations, will be required to repair the dread havoc wrought by war. May we, at least, cherish the hope that as a final result, some great wrongs may be righted, and the reign of justice and righteousness be more widely spread over the earth.

JUSTICE AND FAIR-DEALING

IN times of war everybody is supposed to suffer more or less. The cost of living in all its phases invariably goes up, as is so manifestly the case today. Everybody, too, is supposed to share the expenses of war, for war means destruction, loss and misery. And yet, in this land, and no doubt in other lands, there are those who have prospered in the past four years as never before. Strange as it may seem, many have grown rich on the misfortunes of others. Wrong is somewhere; it cannot be explained or justified. We call these individuals profiteers, and profiteers are many. In payment of the extraordinary expenditures of the times, it seems to us only just and fair that these people should be taxed most heavily and contribute most lavishly. Justice and

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fair-dealing are the order of the day. Who has not suffered from wrong? Who has wrongs to right that were not inflicted through injustice? In every condition of life and under every form of government we want, above all else, simple justice. Even in religion we want justice, seasoned, perhaps, with mercy. Can it be true that right and not might is to be the rule of earth henceforth?

READJUSTMENT

THE matter of readjustment of industries to normal conditions after the war looms before us. It is a most stupendous proposition. Of the many and conflicting features of the situation, the food problem is, perhaps, the foremost and most perplexing of them all. Hunger makes people restless, discontented and lawless. In every land and clime the primal need of the people is food. War breeds want, famine and misery. Already in large tracts of the earth starvation has become a menace to life. "Unless food is forthcoming in the half-starved regions of Europe there will be red revolution everywhere. History has proved, on many occasions, that hunger is the prime instigator of terrorism." It is up to America, it seems, for the present at least, to help provide the food supply for the greater part of Europe. To accomplish this we must still continue to observe our several lines of economies, and increase our varied productions in order to relieve, as far as possible, the absolute necessities of distracted nations abroad. A single year devoted solely to peaceful pursuits will bring about great changes in the present disrupted state of world-wide affairs. Speed the time when "people shall beat their swords into plowshares, and their spears into pruning hooks; nation shall not lift up a sword against nation, neither shall they learn war any more."

BACK TO THE LAND

COULD some millions of well-to-do women endure a season of freedom "from the tyranny of parlor curtains and dust-cloths," for the good of the nation? The query is suggested by a narration of this summer's experience of a mid-western merchant, past draft age and with grown children in the war. He sold his store last spring, intending to retire. He found that the old farm homestead, still a family possession, was without a tenant. His report follows: "My wife and I went down to the farm and camped for six weeks in the sugarhouse. I put up twenty-five tons of hay worth $30 a ton, and plowed seventeen acres which I sowed to wheat. My wife said she had not been free for thirty years from the tyranny of parlor curtains and dust cloths, and we greatly enjoyed the experience."

There were other details of clear profit, material and spiritual, in dewy mornings, fresh mushrooms, a too generous avoirdupois of 255 reduced to 220, and bettered health in general; but the main point was that this couple will have a credit in due course of some eighty barrels of flour and more than two tons of bran, as their addition to the nation's food supply. From the merely financial point of view they could well afford to remain non-producers and consumers. They chose another course.

It is actual, direct work toward food-production which the country needs, from every one who can do it. The government does not now measure in bushels the amount of food supplies which this country must furnish; it speaks of millions of tons. And for the current year, we shall have to send abroad 6,000,000 tons more than we sent last year, or an increase of nearly 50 per cent above our past enormous shipping.

Every one who can must help, in this serious, vital, primitive human work of adding to the food supply. It is needless to say, also, that saving must be unrelaxing and comprehensive, as well. But let production be kept in mind and furthered in every possible way. That is the positive side of the problem; the saving is the negative side. We cannot save what is

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not produced. And if care of "parlor curtains and dust-cloths" appears to stand in the way of any farmerette, of full rank or brevet, then let courage be summoned for a bit of study in neglect of non-essentials — till the war famine is at an end. This will not be for many months after peace is won and signed and clinched fast! — *The Boston Herald.*

PEACE BY NEGOTIATION

AN answer to any proposals for peace by negotiation at the present time is contained in one line from Lowell: "They enslave their children's children, who make compromise with sin." And this is to be held to not out of sense of past injury, or any resentment or vindictiveness that ought to be cleaned out of the mind. The root of it is something that ought not to be forgiven, and cannot be forgotten. The disposition to forgive and forget is admirable with reference to things that thus would sink into oblivion. The things we are set to overcome are things that never will sink into oblivion. They are not, indeed, things in themselves, mere events; they are principles, which, unless exterminated, will spring up into new evils; they are like the dragons in the stories, that must be destroyed utterly. Our duty is not punishment, as a penalty for wrong, a satisfaction of moral indignation; our duty is to lay the axe at the root of the tree, so that governments, resting on falsehood, lust, and cruelty, shall perish. While they are suing for peace they are continuing their black deeds, sinking hospital ships, laying waste, wantonly and without military necessity, towns, cities, and territory thickly populated, and dragging people into slavery. There needs a new Edmund Burke, to impeach, with scorching molten words, the man and men who have committed high crimes and misdemeanors, and commit them still. These men must be brought before the bar of the parliament of the world and there learn what will make peace. — *The Christian Register.*

THIS Christmas number of AMERICAN COOKERY is full of good things for housewives. As we go to press the end of the war has come. Surely a Merry Christmas and a Happy New Year are before us. As we pass from the *old* state of the sad past to the *new* state of the hopeful future, let us all cheer up and smile once more. Grateful for kindly support in time of stress, may we remind you not to forget or neglect your AMERICAN COOKERY now. Help to enlarge and strengthen our list of subscribers.

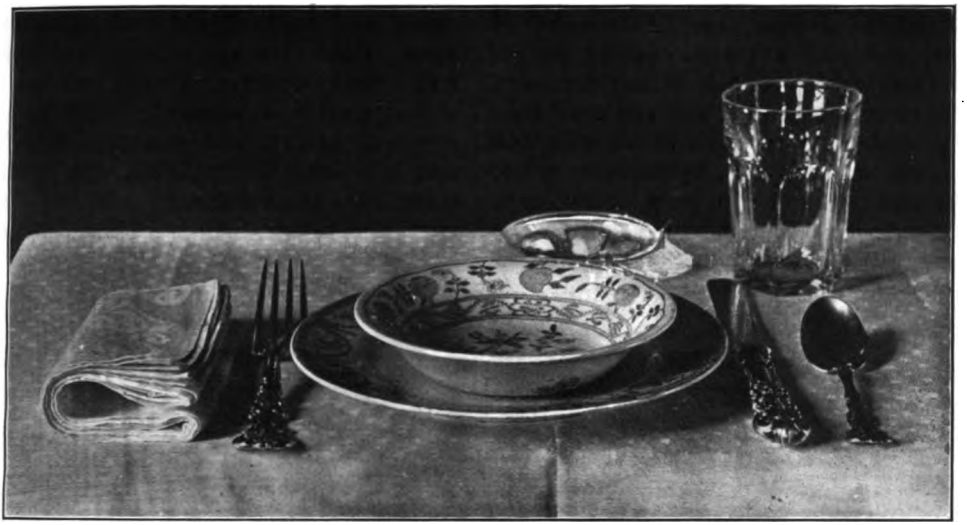
GOOD POINTS OF AMERICAN COOKERY

A — adheres to what it sets out to be — a cookery magazine.
M — makes cooking a fine art and a joy.
E — embraces both the art and science of food preparation.
R — renews flagging interest in everyday duties.
I — inspires housewifely ambition and pride.
C — clear type makes reading a delight.
A — advertises books and articles that help.
N — neat size makes pleasant to handle.

C — carries incentive to the highest home-making.
O — offers new suggestions that attract to new endeavor.
O — opens in its exchange a give-and-take that makes neighbors of remote correspondents.
K — keeps up unfailing freshness in diversified contents.
E — each number cements the bond between magazine and reader.
R — radiates brightness for the whole family.
Y — yields more for the subscription price than any magazine of its kind published.

M. A. S.

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DETAIL OF ONE COVER FOR BREAKFAST

Seasonable and Tested Recipes

By Janet M. Hill

IN ALL recipes where flour is used, unless otherwise stated, the flour is measured after sifting once. Where flour is measured by cups, the cup is filled with a spoon, and a level cupful is meant. A tablespoonful or teaspoonful of any designated material is a LEVEL spoonful. In flour mixtures where yeast is called for, use bread flour; in all other flour mixtures, use cake or pastry flour.

Belgium Soup

Use the water in which a fish was boiled, or, cover the cleaned heads, the bones and trimmings of two or three fresh fish with cold water. Cover and let simmer slowly, twenty minutes after the boiling point is reached; drain off the broth. For one quart of broth, stir half an onion, sliced thin, and a stalk of celery, cut fine (leaves and all), in two tablespoonfuls of vegetable oil until softened and yellowed; add a cup of cold water and let simmer half an hour, then strain into the fish broth, pressing out all the liquid and pulp possible. Cook one-fourth a cup of flour, a teaspoonful of salt, and half a teaspoonful of pepper in one-fourth a cup of hot fat; add one quart of milk and stir until boiling. To the boiling fish stock add two dozen oysters, and shake gently until the broth again boils; add a teaspoonful of salt, skim as needed, and pour into the milk sauce. A cup of cream may be added at pleasure; serve at once.

Corn Chowder de Luxe

Peel a mild onion of medium size and cut it in thin shreds. Wash two stalks of tender celery (outside stalks, if they are solid without too many coarse threads), and cut stalks and leaves into fine slices; put the onion and celery over the fire in two or three tablespoonfuls of vegetable oil, chicken or pork fat, and let cook slowly, stirring occasionally, until the vegetables are softened and yellowed a little; add about two cups of broth or boiling water and let cook about an hour. Half an hour before serving, pour boiling water on three medium-sized potatoes, pared and cut in thin slices; let boil two minutes, drain and add to the celery, etc., and let cook (adding water to cover, if needed), until the potatoes are about tender. Meanwhile cook three table-

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spoonfuls of flour, one teaspoonful of salt, and half a teaspoonful of pepper in three tablespoonfuls of hot fat; add two cups of cold milk and stir until boiling; add one or two cups of hot milk, and stir till smooth; add, by degrees, to one cup and a half of corn pulp, or two cups of ordinary canned corn, and when smoothly blended, add to the potatoes and vegetables; let boil one minute; add more salt if needed, and sprinkle with fine-chopped parsley.



A LAYER FISH-PIE. READY FOR OVEN WHEN MILK IS ADDED

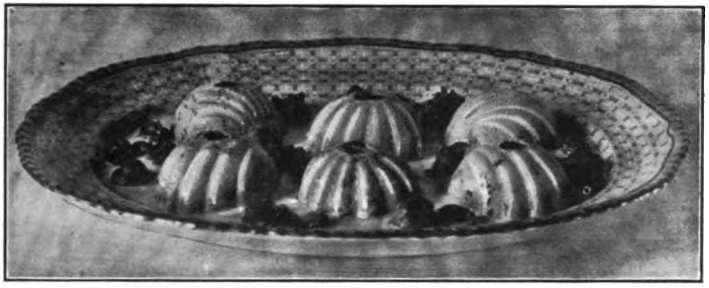
Vegetable Stew

Cut two slices of fat salt pork in tiny cubes, and let cook over a slack fire until crisp; skim out the bits of pork and add an onion, peeled, cut in thin slices and the slices separated into rings, a cup of sliced celery, and a cup of sliced carrot; stir until yellowed and softened a little; return the bits of pork, add a quart of boiling water, cover and let cook. Meanwhile pour boiling water over a pint of raw potatoes, cut in cubes or slices; heat to the boiling point, let boil five minutes, drain, rinse in cold water and drain again, then add to the other vegetables and let cook about twenty minutes longer, or until the potato is done. The onion, celery and pork should cook about an hour. Cook three tablespoonfuls of flour, half a teaspoonful of salt and one-fourth a teaspoonful of pepper in three tablespoonfuls of fat; add two cups of milk and stir until boiling, then add to the stew; if too thick add more milk. Sprinkle with two tablespoonfuls of fine-chopped parsley, and add more salt and pepper, as is needed.

A Layer Fish-Pie

Grease a casserole; to serve four, have about one pound and a half of fresh fish (flounder, hake, haddock, cod or pollock) in slices or filets, freed of all bones and skin, one onion, cut in very thin slices and cooked, without discoloring, in one or two tablespoonfuls of vegetable fat until softened, one cup and a half of pared-and-sliced potatoes, parboiled in boiling water about eight minutes and drained. Set a layer of fish in the casserole; add a layer of potatoes, another layer of fish, the onion, a few bits of butter or a sprinkling of vegetable oil and the rest of the potatoes. Sprinkle on a teaspoonful of salt and about half a teaspoonful of black pepper; add hot milk, just to cover the potato. Let bake about one hour; serve in the casserole.

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HAM TIMBALES WITH BRUSSELS SPROUTS

Fresh Cod or Haddock Sauté

Cut fat salt pork in very thin slices; over it pour boiling water, let stand two minutes, then dip the slices, one at a time, in flour and set into a cast-iron frying pan; let cook slowly until the fat is well drawn out, and the pork nicely browned on one side; turn and brown the other side. Remove the pork and keep it hot. Have the fish removed from the back bone in two long strips; cut these in pieces of a size for serving; roll in flour and cook in the hot fat (not too fast), until brown on one side; turn and brown the other side. Serve on a hot dish with the pork around the fish. The fish will hold its shape better and may be cooked more easily and thoroughly, if made ready as above, rather than when cut in slices across the grain of the fish and through the bone. The head and bones should be used at once to make broth for soup or chowder.

Ham Timbales with Brussels Sprouts

Beat two eggs; add one cup of cold, cooked ham, chopped fine, one-fourth a cup of sifted bread crumbs, half a teaspoonful of salt, one-fourth a teaspoonful of paprika and one cup and a half of rich milk. Mix thoroughly and turn into molds thoroughly greased and sprinkled with fine-chopped truffles or capers or sifted hard-cooked egg. Let cook surrounded with boiling water (without boiling thereafter), until firm throughout. Unmold on a hot dish; surround with Brussels sprouts, cooked tender and seasoned with butter, salt and pepper, or stirred into a cup and a half of cream sauce.



MASHED POTATO, SAUSAGE, APPLE QUARTERS, COOKED

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Sausage with Mashed Potato and Apples

Prick the sausage links on all sides, cover with boiling water, let boil five minutes; drain and let cook in the oven until cooked as desired. The heat of the oven should be moderate or the sausage will be quickly overcooked. Watch and shake the pan often to cook evenly. Mash the potatoes; add hot milk, butter and salt and beat until very light; shape in a mound on a hot dish; surround with the sausage; pipe a little of the potato between the sausage to hold them in place and set cooked quarters of apples around the dish.

Apples to Serve with Sausage

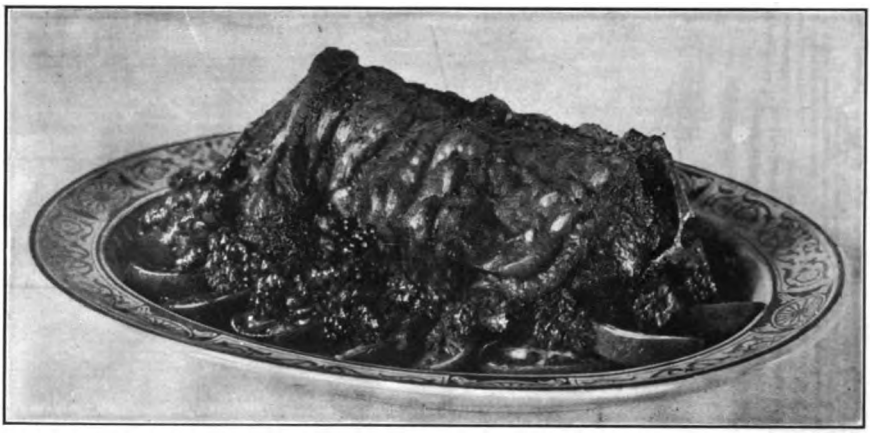
Pare, quarter and core three or four apples; have ready a hot syrup, made by cooking half a cup of sugar or honey in an equal measure of water; set the quarters of apples, separately, into the syrup, and let cook, turning often, till tender and transparent.

Roast Ribs of Pork

The ribs and loin are the choicest cuts of pork for roasting. In the roast of pork, shown in the illustration, the rib bones were cut short and the meat on the bones cut off and the flank used in making sausage. Quite as often the full length of the rib bones is left on the roast, and when served cold the bone is held in the hand for eating. Cook the meat on a rack, in a very moderate oven, about twenty minutes to the pound. Baste often with the fat in the pan, dredging with flour after each basting; serve with apple sauce. In the illustration the pork was garnished with parsley, and sliced tomatoes, ripened, after wrapping in paper, in a cool dry room in a cellar.

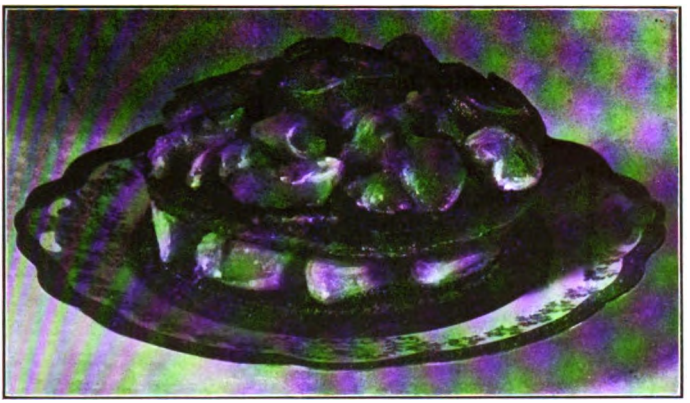
Oysters, Florentine Style

For two persons heat one dozen cleaned oysters to the boiling point in their own liquid; skim out the oysters and keep them hot in a covered dish. Melt two tablespoonfuls of butter; in it cook two tablespoonfuls of flour and one-fourth a teaspoonful, each, of salt and black pepper until bubbling throughout; add the oyster liquor, with milk or cream, to make one cup in all, and stir until boiling; add the yolk of one egg, beaten and diluted with one teaspoonful of lemon juice, and stir without boiling about two minutes. Set a layer of hot, plain, boiled spinach on a serving dish and spread a layer of sauce over the spinach; on this set the oysters; pour over the rest of the sauce, sprinkle with



ROAST RIBS OF PORK, PARSLEY AND TOMATOES RIPENED IN PAPER, SLICED

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APPLE SHORTCAKE WITH HONEY

one or two tablespoonfuls of grated cheese and serve at once. The cheese may be omitted.

Risotto All' Artigiana

Put two tablespoonfuls of butter or vegetable oil into a casserole or saucepan; add two ounces (or one-fourth a cup) of fine-chopped ham, bacon or sausage, half a large onion, a small carrot, two branches of parsley, and two inner stalks of celery, all chopped fine; add one pound of veal, lamb or chicken, cut in small pieces, and cook and stir constantly, until all are yellowed a little; add about a quart of boiling water and let the whole simmer very gently until the meat is about done, adding broth or water as needed; add three-fourths a cup of rice, a teaspoonful of salt and let cook until the rice is just tender, adding broth or water as is needed. When cooked the dish should not be too firm nor yet sloppy. Turn into a hot serving dish; set three tablespoonfuls of butter above, and sprinkle the whole with half a cup or more of grated Parmesan or other cheese.

Apple Shortcake with Honey

Sift together one cup, each, of oat and rye or barley flour, four teaspoonfuls of baking powder, and half a teaspoonful of salt. Work in three tablespoonfuls of shortening, then adding milk as needed,



CHOCOLATE CUSTARD, WHIPPED CREAM, FRUIT JELLY

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mix to a soft dough. Spread the dough in two, small-sized, layer-cake pans, carefully greased. Bake about twenty minutes. Spread one layer with butter; cover with apples stewed without sugar and very little water, and pour over strained honey; set the second layer above, spread with butter; cover with hot apples, and pour honey over the whole. Syrup may be used instead of honey.

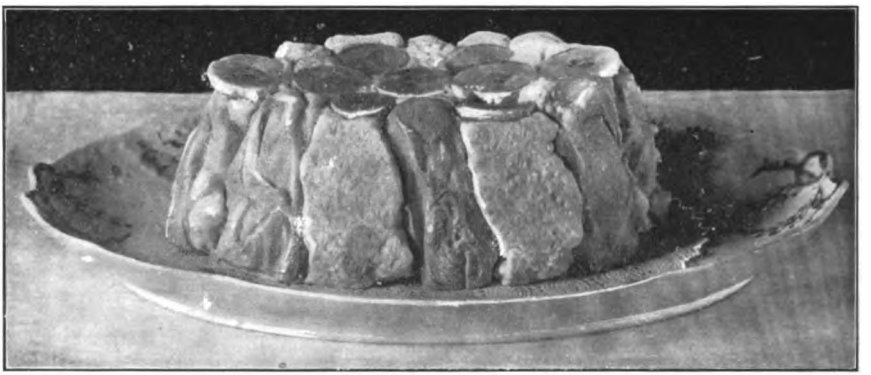
Chocolate Custard

Scald three cups of milk; sift two level teaspoonfuls of cornstarch with one-half a teaspoonful of salt and two tablespoonfuls of sugar several times, then stir into the hot milk; continue to stir until the mixture thickens slightly; cover and let cook fifteen minutes, stirring occasionally. Have ready one square (ounce) of chocolate, melted over hot water; add two or three tablespoonfuls of the hot mixture, and stir and cook over the fire until smooth, adding more of the mixture, meanwhile, if needed; when smooth, beat into the rest of the hot mixture. Beat two whole eggs, or four yolks; add one-third a cup of syrup, honey or sugar, and beat again, then stir and cook in the hot mixture until the egg is "set."

Flavor with a teaspoonful of vanilla, when cold. Serve in cups with a spoonful of cream, thickened with cremo-vesco, above the custard; add a few bits of fruit jelly to the top of the cream for the color.

Banana Charlotte Russe

Cut half a banana in slices; over it squeeze a little lemon juice, to keep it from discoloring, and set aside in a cool place. Scrape the coarse threads from two bananas and one half, then press through a ricer. There should be one cup of purée. Scald the purée with the rest of the juice from the lemon (over boiling water); add one tablespoonful of granulated gelatine, softened in one-fourth a cup of cold water. Put three-fourths a cup of corn syrup, and one-fourth a cup of sugar in a double boiler with the whites of two eggs. Have the water in the lower part of the boiler boiling rapidly; beat and cook the mixture constantly seven minutes. Spread one-half of this frosting on paper, fastened to boards one inch thick, in the shape of lady fingers; dredge with a few grains of sugar and let cook in a very moderate oven till firm and colored slightly. It should take about half an hour; beat the rest of the mixture into the banana mixture. Stir, in ice and water, till the mixture begins to jelly, then fold in one cup of cream, beaten very light. When the mixture will hold its shape, put it by spoonfuls into a mold lined with the slices of banana and the lady-finger meringues.



BANANA CHARLOTTE RUSSE

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Snow Apple

Pare, quarter and core tart apples; add boiling water and let cook over a quick fire until tender. Press through a sieve. To two cups of thick pulp add half a cup of honey or sugar, or half of each and the juice and grated rind of half a lemon. Heat to the boiling point; add one tablespoonful and a half of granulated gelatine, softened in one-third a cup of cold water, and stir until the gelatine is melted. Chill and when the mixture begins to jelly, add the stiffly-beaten whites of two eggs, and beat with a Dover egg-beater until very firm. Turn into a mold, and when firm serve, unmolded, with cream or boiled custard.

Cornstarch Blancmange

Scald two cups of milk; mix one-third a cup of cornstarch, half a teaspoonful of salt and two tablespoonfuls of sugar, honey or syrup with half a cup of cold milk to a smooth consistency, then stir it into the hot milk; continue to stir until the mixture thickens, then cover and let cook, stirring occasionally, twenty minutes. Fold in the white of one egg, beaten very light, and when the egg is cooked (about three minutes), turn into one large, or five small molds. Serve when cold and firm, unmolded, with a cold

Compote of Bananas

Make a syrup of half a cup of sugar, syrup or honey and half a cup of water. Peel and scrape two or three bananas, then cut in thin, even slices; add to the syrup and let boil all over, shaking the pan a little to cook all the slices evenly. A little lemon or vanilla extract may be added, or thin lemon or orange rind may be cooked in the syrup. Skim the bananas, as they soften, to a plate. When all are cooked (kept in whole slices), boil down the syrup a little. When cool add the bananas and use.

Christmas Fruit Salad

For each service take a slice of pine-



FORTIFIED VICTORY CAKE (Page 341)

apple, the flesh of one-fourth a grapefruit, half a canned pear, about three heart-leaves of lettuce, two tablespoonfuls of fruit juice (syrup from canned fruit included), half a teaspoonful of lemon juice, two tablespoonfuls of olive oil, and one-fourth a teaspoonful each, of salt and paprika. Dispose the fruit in attractive pieces on the lettuce. Beat the other ingredients with a Dover egg-



CHRISTMAS CAKE (Page 341)

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CHRISTMAS FRUIT CUP

beater, until thickened a little (or shake in a fruit jar, closed securely with rubber ring), pour over the fruit and serve at once. Blend the dressing the last moment before using; it thins somewhat on standing. A bright cherry may be used as a garnish.

Prune-and-Cottage Cheese Salad

Soak choice prunes overnight; cook quickly, till tender. When cold cut open each prune on one side, the entire length, and take out the stone; cut the flesh in smooth even pieces. Press cottage cheese under a weight for an hour or longer, then cut in half-inch cubes. Beat, for each service, two tablespoonfuls of prune juice (reduced by cooking till quite thick), a teaspoonful, each, of lemon juice and sugar or strained honey, and two tablespoonfuls of olive oil until thick. Set a layer of the prepared prunes on lettuce hearts, the cheese above; pour over the dressing and serve at once. Nut meats, cut in slices, may be added with the cheese or fruit, or sprinkled over the whole.

Christmas Fruit Cup

For five glasses, take one orange, three bananas, half a package of dates, one cup of white grapes, measured after they are skinned, cut in halves and seeded, twelve pistachio nuts, the juice of half a lemon, fruit syrup, and three-fourths a cup of cream. Remove all peel and white membrane from the orange, separate into sections and free each section of all the white portion possible, then cut in halves, crosswise. Remove the peel from the bananas, scrape the pulp to remove



NUT, DATE-AND-CHOCOLATE SWEETMEAT

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coarse threads, cut in thin, even slices, and squeeze over them the juice from the half lemon. Pour boiling water over the dates, stir and skim to an agate plate, let become hot in the oven, then cut in sections from the seeds. Mix all the fruit together, then dispose in the glasses, pouring the fruit syrup over it. Whip the cream and pipe it above the fruit. Blanch and chop the nuts and sprinkle over the cream; serve very cold. For fruit syrup use the liquid from canned fruit or use fruit jelly melted in a little boiling water. Four or five halves of canned peaches or apricots or slices of pineapple may replace the orange, when the juice of the fruit becomes available. Thin cream, thickened with cremo-vesco, may be whipped for the top of the fruit.

Nut, Date-and-Chocolate Sweetmeat

Heat four tablespoonfuls (one-fourth a cup) of honey or maple syrup to the boiling point; add half a pound of "Dot" chocolate (slightly sweet coating chocolate), and let stand over hot water till the chocolate is soft throughout; add one package of dates, cut from the seeds in small even pieces, half a cup of blanched almonds, cut in shreds, and one teaspoonful of vanilla extract. Mix with a wooden spoon to blend thoroughly the whole. Have ready a brick-shaped ice-cream mold, or a small bread pan, lined smoothly with parchment paper. Press the mixture into the prepared dish, spread parchment paper over it, then on it lay a board, holding a weight. Let stand six hours or longer to ripen. Remove from paper and cut in small pieces.

One-Egg Cake

Beat one-fourth a cup of shortening to a cream; gradually beat in one-fourth a cup of sugar, and one-fourth a cup of honey or syrup; add one egg, beaten light, the grated rind of a lemon, and, alternately, half a cup of milk (scant), one cup of wheat flour, one-fourth a cup of rice flour, and two teaspoonfuls of baking powder, sifted together. Bake in a sheet about twenty minutes. Serve fresh-baked with Chocolate Custard.

Samboy Rolls

(Chicago Hotel)

Sift together one cup of wheat flour, two cups of cornmeal, two tablespoonfuls of sugar, half a teaspoonful of salt, and six teaspoonfuls of baking powder; add three tablespoonfuls of vegetable oil and three cups of milk. Pour into hot, well-greased muffin tins and bake about fifteen minutes.

Potato-Flour Muffins

(Marshall Field's Tea Room)

Beat the whites of four eggs very stiff; beat the yolks of four eggs quite thick, then beat in half a teaspoonful of salt, and one tablespoonful of sugar and fold into the whites; sift on half a cup of potato flour and half a teaspoonful of baking powder, that have been sifted together twice, and fold the two mixtures together; lastly, fold in two tablespoonfuls of ICE water. Bake in hot, well-greased muffin tins, in a moderate oven, twenty to thirty minutes. These muffins are particularly tender and delicate.

Peanut-Butter Rabbit

(South Dakota State College)

Melt one tablespoonful of butter; in it cook one tablespoonful of flour, half a teaspoonful (scant) of salt, half a teaspoonful of mustard and one-eighth a teaspoonful of cayenne; add one cup of milk and stir until boiling, then stir in half a cup of peanut butter; serve on crackers, or on the untoasted side of bread, toasted on but one side.

Onions with Peanut-Butter Sauce

Boil peeled onions till done. To serve six, make one cup of cream sauce; beat into it one-fourth a cup of peanut butter and pour over the onions. The onions should be kept whole until cooked; add salt a short time before they are done. When cooked, open each onion a little at one side, that the flavor of the sauce may penetrate it more thoroughly.

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Well-Balanced Menus for Week in December.

SUNDAY

Breakfast

Cream of Wheat, Sliced Bananas, Top Milk
Milk Toast (Boston Brown Bread)
Zwiebach
Coffee Cocoa

Dinner

Belgium Soup
Celery Olives
Tongue in Jellied Bouillon
Cabbage Salad
Rye Bread
Apple Pie Cheese

Supper

Peanut Butter Rabbit
Scalloped Tomatoes
Chocolate Custard One-Egg Cake

MONDAY

Breakfast

Puffed Rice, Top Milk
Broiled Salt Mackerel
Potatoes Cooked in Milk
Victory Bread, Toasted
Coffee Cocoa

Luncheon

Cheese Soufflé
Tomato Sauce
Rye Meal Muffins
Oatmeal Cracker Cake
Quince Marmalade or Honey

Dinner

Pork Chops, Baked
Mashed Potatoes
Brussels Sprouts, Buttered
Celery Hearts
Squash Pie

TUESDAY

Breakfast

Cream of Wheat, Hot Dates, Top Milk
Tongue-and-Potato Hash
Cornpuff Griddle Cakes
Coffee Cocoa

Luncheon

Stewed Lima Beans (dried)
Wheat-and-Barley Biscuit
Lettuce Salad
Cake Hot Cocoa

Dinner

Boiled Salmon (middle cut)
Drawn-Butter Sauce
Boiled Potatoes Boiled Onions Cole Slaw
Canned Pineapple
Quick-Yeast Biscuit Cheese

WEDNESDAY

Breakfast

Barley Meal Mush, Top Milk
Sausage
Potatoes Hashed in Milk
Apples, Quartered and Cored, Baked
Spider Corncake
Coffee Cocoa

Luncheon

Salmon Croquettes (baked or fried)
Canned Peas Cabbage Salad
Apple Shortcake

Dinner

Risotto all 'Artigiana
Squash Celery
Quick Ryemeal Rolls (yeast)
Jellied Prunes, Custard Sauce

THURSDAY

Breakfast

Bananas
Fried Cornmeal Mush, Syrup
Ryemeal Rolls (reheated)
Milk Coffee

Luncheon

Sausage, Mashed Potatoes,
Cooked Apples
Hot Boston Brown Bread
Molasses Popcorn Balls

Dinner

Halves of Grapefruit
Lamb Chops Stuffed with
Macaroni, etc., Breaded, Baked
Sweet Potatoes, Southern Style
Brussels Sprouts, Buttered
Chocolate Cottage Pudding, Foamy Sauce

FRIDAY

Breakfast

Hulled Corn, Syrup, Top Milk
Salt Codfish Balls, Tomato Sweet Pickles
Samboy Rolls Victory Bread, Toasted
Milk Cocoa Coffee

Luncheon

Baked Mexican Rabbit
Lettuce, French Dressing
Bread Sticks (whole wheat, rice flour)
Cornstarch Blancmange, Compote of Bananas

Dinner

Filets of Fish, Baked
(victory-bread dressing between)
Mashed Potatoes
Cauliflower, Drawn-Butter Sauce
Cold Canned Spinach, Molded,
Vinaigrette Sauce
Toasted Crackers Cheese

SATURDAY

Breakfast

Cornmeal Mush, Grated Cheese
Baked Sweet Apples (reheated)
Salt Pork, Sliced very Thin,
(Floured, Cooked Slow)
Potatoes Hashed in Milk
Ryemeal Muffins
Milk Cocoa Coffee

Luncheon

Salmon Salad
Wheat-and-Barley Biscuit
Mince Pie
Cottage Cheese

Dinner

Boiled Brisket of Fresh Beef,
Horseradish
Boiled Turnips
Boiled Potatoes
Lettuce, Date-and-Apple Salad
French Dressing
Toasted Crackers

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Menus for Simple Christmas and Sunday Night Suppers

I

Chicken à la King
Victory Bread, Toasted
Lettuce and Cress, French Dressing
Honey Cookies
Chocolate Custard, Cream, Jelly

II

Oysters, Florentine Style
(canned chard or spinach)
Potato Flour Muffins
Lemon Sherbet
Lemon Queen Cakes

III

Welsh Rabbit
Lettuce, Date-and-Apple Salad
(French dressing)
Yeast Rolls (reheated)

IV

Prune-and-Cottage Cheese Salad
Noisette Bread-and-Butter Sandwiches
Hot Cocoa, Marshmallows
Ginger Snaps

V

Chicken Salad
Quick Ryemeal Biscuit
(yeast)
Vanilla Ice Cream
Oatmeal Macaroons

VI

Oyster Soup
Celery Cucumber Rings
Victory Bread Sticks (reheated)
Constarch Blancmange,
Banana Compote

VII

Cream of Corn Soup
Toasted Crackers
Cold Boiled Tongue
Molded Spinach, Sauce Tartare
Yeast Rolls
Blushing Apples, Orange Sauce

VIII

Baked Mexican Rabbit
Lettuce and Cress, French Dressing
Parker House Rolls
(wheat and rice flour)
Quince-Apple-and-Cranberry Jelly
Tea

IX

Fresh Fish Salad, Sauce Tartare
Quick Ryemeal Rolls
(yeast, reheated)
Christmas Fruit Cup
Half Cups Coffee

X

Cheese Croquettes
Lettuce, Apple-and-Date Salad,
French Dressing
Victory Bread-and-Butter Sandwiches
Brioche Coffee Cakes
(wheat and rice flour)
Coffee

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Food Notes for December

By Janet M. Hill

Muffins

AT the present time, baking powder, or quick muffins, are probably served more times in a week, and in larger number of families, than at any other time in their history. We certainly ought to have learned to make them most successfully by now.

Muffins may be made of most every sort of flour, meal, cooked cereal or mush, bread crumbs and ready-to-eat cereal. Often nothing enters into them save flour or meal, leavening agent and water. Sugar or some form of sweet may not be essential to a really choice muffin, but the use of eggs, milk and shortening, even if in very limited quantities, add much to the palatability and food value of muffins.

Except in the case of one or two special varieties of muffins, the best product is secured when use is made of both flour and meal in equal quantity, or, at least, of no more meal than flour. The flour is not necessarily of wheat.

The use of cooked breakfast cereal, mush or rice, gives a moist product and calls for longer cooking, or a hotter oven to bring out the brown tint so enjoyed in the crust of the muffin. Dry flour or meal, especially if milk or shortening is used, browns very quickly. Shortening makes a crisp crust. The larger the compartments in the muffin pan are, the more surface is there to crisp.

Thus the pan in which the muffins are cooked has something to do with the quality of the finished product. For any variety of muffin the best results are obtained when a heavy, iron pan, thoroughly heated, is used. For muffins with the maximum of crust, use a bread-stick pan, and a French roll pan. The usual muffin recipe, which makes a dozen muffins, will fill a bread-stick pan of a dozen and a French-roll pan of six compartments. The recipe for Potato Flour Muffins, given in the "Seasonable Recipes," is from the Tea-Room at Marshall Field's store in Chicago. When properly made and baked nothing more delicate in muffins can be evolved. The mixing is similar to that of a sponge cake, and just as much care in mixing is needed to retain the air beaten into the eggs. The pan should be hot, and the oven of moderate heat. Do not move the pan while in the oven, until the muffins are baked, then remove at once.

In general, the manner of mixing muffins depends on the quantity of shortening and sugar to be used. If the recipe calls for less than one-fourth a cup, each, of shortening and sugar, it will make but little, if any, difference in the texture of the finished product whether the sugar is added with the other dry ingredients, and the shortening melted and added last, or the shortening be creamed and the sugar beaten into it; the first method, being the simplest, is usually employed. For a richer muffin, the last method is practiced.

It should be needless to add, that, to keep the odor of burned fat out of the house, the hot muffin pan should not be

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greased until the mixture is ready for the pan. Quick work in mixing the batter, filling the pan, and getting it into the oven have much to do with the quality of the muffins. For a plain muffin, the following recipe can be varied almost indefinitely, with good success.

1 cup meal (rye is particularly good)
1 cup flour
3 tablespoonfuls sugar
½ teaspoonful salt
4 teaspoonfuls baking powder
1 egg beaten light
1¼ cups milk
2 tablespoonfuls melted shortening

Put all the dry ingredients into a sieve together and sift into a bowl; add the liquid ingredients and mix thoroughly. Put into a hot, well-greased, iron muffin pan of twelve compartments; bake about twenty-five minutes.

Christmas Sweets

If the supply of maple syrup, put up last spring or purchased later, still holds out, nothing choicer in confectionery can be had than candies made of maple fondant. In normal times, the more expensive maple was helped out with granulated sugar; this was simply a matter of economy, for the best of fondant can be made by simply boiling the syrup, undisturbed, to the soft-ball stage. Pour as usual on an oiled marble or platter, and when thoroughly cold, beat to a cream and finish in the usual manner.

The chocolate fruit-and-nut confection, given in the Seasonable Recipes, is best after it has stood a few days to ripen; that shown in the illustration was molded in a brick-shaped, ice-cream mold, quart size. The mold should be lined throughout with parchment paper; figs or raisins, and other nuts than almonds might replace the dates and almonds.

Fruit of all kinds is high in price, but on account of its palatability, and the valuable compounds in composition, it should be given a place, in some form, in each day's food-supply. The best time to eat raw fruit is midway between breakfast and dinner. Cooked fruit is appropriately eaten at any meal. Bananas have high-food value, and should be eaten more than they are at present, as a means of real nourishment. Cooked bananas are given scant attention; many people fancy they would not like them, and do not try them. Try them a few times, and you will end by devising all sorts of ways in which to present a cooked banana. The banana compote, given in the Seasonable Recipes, as a sauce for Cornstarch Blancmange, is recommended for a trial.

Apple or banana, with dates or figs and French dressing, made with lemon juice on a bed of heart-leaves of lettuce, should be given a place in the luncheon menu, at least, once a week. If the dressing be properly mixed, no oil is apparent; nor can it be tasted. The lemon juice should be squeezed over the apple, that the apple may retain its fresh, clean appearance. Adding it in this way, before the oil, causes the salad to carry the acid flavor, and does away with all thought of oil. On this account those who fancy they can eat nothing dressed with oil may eat this salad without recognizing the composition of the dressing.

In using grape fruit and oranges in salad, retain all juice in the dressing, adding a few drops of lemon juice to accentuate the flavor of the milder fruit.

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Without Eggs

By Julia Davis Chandler

THE present high prices of eggs have made people think, what other cakes can be made than those with eggs, what puddings and sweets. Modern transportation has made it possible for us to have strawberries most of the year, and egg plants and plums in November, and melons at all seasons, but hens still maintain their habit of denying us eggs in winter. Although Leghorns and incubators have changed matters considerably, still, in winter, eggs go higher in spite of large hatcheries and poultry farms.

Reverting in memory to years ago in cold New England, the thought came. Then people did not expect eggs every morning, the year around; they had the hearty American breakfast of meat, largely, for the main dish, with broiled salt mackerel, creamed salt codfish, and codfish balls, on certain days. Cream toast, of both white and Boston brown bread, replaced muffins, made with eggs. When spring came there were bountiful platters of ham and eggs, or fried eggs with crisp salt pork border, in place of the southern bacon; the difference being that bacon is smoked and the New England salt pork is simply pickled.

Great tin boxes, or stone jars, were filled with sugar cookies and rich jumbles, made in late autumn before eggs were scarce; these kept nice a long time carefully stored. Molasses ginger snaps and richer Scotch cakes were, also, made at intervals all winter, usually weekly in large families. Sour cream gingerbread was a favorite, — this required no eggs. Squares of it, served fresh or hot, made a good homely dessert, with a spoonful of whipped cream on each portion.

Other desserts were, first of all, pies of all kinds, apple, mince, cranberry and raisin. Puddings were made, apple dumplings, apple brown betty, apple-and-sago or apple-and-tapioca, apple slump, apple fritters and pandowdy. Rice pudding with raisins was nice, or rice plain, boiled in milk and served with butter and maple sugar, or any sweet pudding sauce, or jelly or jam. Baked Indian pudding, brown and spicy, with the proper whey texture, not just baked cornmeal, was made once a week. Few modern cooks know how to make it correctly by adding cold milk after all else has been scalded, and the dish set in the oven, thus giving the peculiar consistency of long steady baking.

Spicy buns, with sugar and milk glaze, were baked frequently and replaced cakes. Occasionally there was the loaf cake, known as Old Election cake; this is bread dough with raisins, citron, spices, shortening and sweetening. Eggs, frozen stiff in the big hay mows almost as soon as the hens left their nests, were thawed carefully, for they would be cracked by the freezing, and these were used for doughnuts, but not considered perfect for fine cake; they answered, also, for corncake and plain cookery, but even these were scarce during the bitter winters.

Jelly tarts replaced cake on the silver cake basket for supper at night, for dinner then came at noon. Cocoanut macaroons were liked for company and slices of rich fruit cake, made early in the autumn, and put away like wedding cake.

Instead of cornstarch, requiring eggs, so abundant in summer, the same mould that turned out patterns of roses, so pleasing to all children, was filled with sea moss blancmange, much liked by all accustomed to its taste of the sea. Jelly tarts gave color to the tea-table, and were chosen for contrast, part of showy currant or barberry jelly, part of quince or apple.

Hot griddle cakes made a nice first

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course for supper. These were not made as for breakfast, a few little ones for each person. They were huge in size, but very delicate withal, and piled to a towering height, like a big layer-cake, with butter and sugar and a little choice cinnamon spread between; these were kept hot in the oven, while successive lots were quickly cooked on more than one large griddle. The big, shapely pile was cut in sections like a layer cake, and being already sweetened, required no syrup like the griddle cakes or batter cakes served at breakfast.

No eggs were used for these in midwinter. Instead, thick sour cream was beaten with a little dissolved soda until it was bubbly and seemed right to the practiced eyes, hands, and even ears, for it must have just the right "flop-flop" sound when beaten. Salt and a little sugar were added, no shortening, if the cream was rich, but if only sour milk, then some shortening, and pastry flour, enough to make a good batter for griddle cakes, one that would bubble responsively and equally in so much time, and be ready to turn a nice golden, yellow brown.

In many New England homes buckwheat cakes were a winter standby. The old way was to have a large earthen pitcher with a lid; this stood on the mantel above the hearth fire, or stove in later years. Old-fashioned folk thought that it should never be all used, but that some of the yeast-risen batter be kept over for a "starter." Of course the pitcher did not go unwashed very long, although in use for months. Every other day the contents were poured out, and the pitcher washed before the "starter" and fresh buckwheat were added.

Shortcake with preserved fruit, fresh fruit, or apple sauce, is another good winter dessert. Canned peaches, or apricots or fresh oranges may be used.

My Service Flag

My dear boy: I have yours in which you say,
"Call me now Private John, of the N. A.,
For I've enlisted!" then you add, with zeal,
"HANG OUT THE SERVICE FLAG!" My son, I feel
My heart strings pulling tight — you cannot know
How much it cost me, but it's done, and so
I write to tell you.

It is neat and small,
A lovely silk one; modest, not at all
Conspicuous — just such as you'd approve.
I bought and hung it by myself, for you've
No idea how I felt about it, Son.
It seemed as if 'twas something to be done
By me alone — just as in by-gone days,
There were a few things, bless your baby-ways,
That no one else could ever do for you;
They were my "mother-right," and this was, too.
It hangs on our front door, upon the glass;
I see it there, as in or out I pass,
That blue, blue star, the color of your eye;
But I was brave, my Son, I did not cry,
I could not so dishonor it, nor you,
By such a show of weakness; and it's true,
That underneath the pain I could not hide,
My heart was throbbing strong with mother pride.
That star to me is *You*. By day or night,
Five points it shows, outlined against the white;
They speak to me of honor, courage, truth,
Of duty, and of love — your love, forsooth,
For me, and for your country, intertwined.
That star shows you were not the slacker-kind;
No coward, and for this I must be glad.
Your Father? He said nothing — Dear old Dad,
Looked at the flag, then kissed me tenderly;
But plainly stamped on his face I could see
The things he could not say — his pride in you,
And sympathy for me.

We know you'll "do
Your utmost" for your Uncle Sam, and be
A credit to the flag, and us; and we
Will "keep the home fires burning" for you bright,
And love our star, and you. Dear Boy, Good-night.

— *Margaret Wheeler Ross.*

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Making the Dark Room Cheerful

By Marion Brownfield

HAVE you a dark, cheerless room in your house that you unconsciously avoid? Perhaps there is a room in your home that you realize is not particularly attractive. But do you realize that it may be largely responsible for a certain depressed feeling that possesses you whenever you spend much time in it? In any case, there are several ways of brightening a dark room.

If you can afford a little carpenter work, probably the windows are the first thing to change. A north room, particularly, is improved with the addition of a number of large windows, and any room with extra light gains a spaciousness and cheerfulness that makes it pleasant to occupy. Sometimes a room with only north windows can have a bay window, or a window seat built out in a way that will catch sunshine in the morning from the east, and in the afternoon from the west. The window seat or bay, also makes a cosy place for either plants, or a seat and cushions.

If it is out of the question to add extra windows to your dark room, make the best of the windows you already have. See that they are always clean, and in winter, remove the screens. It is surprising what an amount of light screens shut out. White or yellow shades are preferable to dark green ones. Curtains of simple, thin material, that can be easily slid back on the rods, are best. In some rooms side draperies, about one foot wide, of dainty cretonne are pretty substitutes for curtains.

Repainting dark woodwork, to either cream or white, will often work wonders in a dark room.

If a heavy, dark carpet can be banished, the floor may be treated in one of several ways. The most attractive flooring is of course hardwood or maple, but sometimes a well-stained floor is almost as effective. Small braided or rag rugs look well on a bare floor. If it is desired to retain a square of carpeting, or use a large rug, a stained or painted border may serve. Light tan, gray or dark brown are shades that may be chosen for a painted edge. But if expense is a consideration, there are other ways of brightening up the dark room.

For instance, are there heavily-framed pictures on the wall? Are there dark pictures, steel engravings or family portraits, crowded thickly over the wall paper? You can make the room lighter at once by taking them down. If you have pictures with lighter frames, by all means substitute them. Gilt frames, as a rule, are more cheerful than black ones. If you have artistic magazine pictures, a pretty way to frame them is to place each one between a piece of glass and a piece of cardboard, the same size as the picture, and bind the edges together with either black, white, brown or green passepartout binding. On the whole, however, it is better to have too few pictures than too many. A mirror, no matter how it is framed, will help dispel gloom.

There is a chance to make most any room cosy with an open fire, if there is a fireplace. Brass andirons, and if there is a mantel, brass candlesticks are attractive additions. During summer months, a jardiniere of flowers may be placed between the andirons.

Most flowers and plants are brightening touches, but there are a few that are best avoided. Coleus, for example, adds dreariness to a dim room. However, it isn't necessary to give up plants without blossoms. Boston ferns, placed in a window sill, seem to be a light green that radiate cheerfulness. For first choice, yellow or white flowers are best to brighten up a room. In season, marigolds, daffodils, narcissus, daisies, black-

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eyed Susans, nasturtiums, sweet peas, coreopsis, goldenglow, buttercups and golden rod should fill bowls or baskets. Dark flowers like heliotrope, fuchsia, or somber colored dahlias should never go into the dark room. During the winter, bright red or pink geraniums in pots, or growing bulbs in bowls are pleasing. Sumach, iris seed pods, jack-in-the-pulpit seed pods, rose hips, black alderberries, barberries, and pigeon plum vine will also lend color when flowers are scarce.

Sometimes a bough or a branch, from what seems a very ordinary tree outdoors, will look very charming in the house, and it is far better to have it inside than against the outside of north windows, where it may make darkness and dampness. Gay autumn foliage is especially cheerful indoors.

And, by the way, don't wait for company, or a party, before you brighten up the dark room.

Sandwiches that College Girls Make

USE bread a day or two old; slice very thin and use a scant filling. Cream the butter before spreading and be sure it is not too salt.

"*Mexican Hots.*" One tomato, one onion, one green pepper; chop them all fine and season the mixture with salt, pepper and vinegar; spread on white bread or crackers.

"*Jap*" *Sandwiches.* Use equal quantities of almonds and preserved cherries; chop the cherries fine and pound the almonds to a paste; mix the two preparations, and add a teaspoonful of almond extract and a little cream.

"*Harmony*" *Sandwiches.* Two cups of fine-chopped celery, twenty-four olives chopped fine, one teaspoonful of tomato ketchup, a pinch of mustard, one-half cup of mayonnaise.

"*Strips.*" Cut the crust from a loaf, each, of white and brown bread, so they are left the same size, then cut three half-inch slices of each. Spread them with a mixture of deviled ham and peanut butter, and press the six together, alternating white and brown. Put the cube under a weight and let it press while you make another set.

Sandwich "De Luxe." Quince jelly, mixed with a few shredded mint leaves. This mixture is delicious spread on stale sponge cake.

The "Flossy" Sandwich. Melt two squares of chocolate, and when partly cooled, add one-half cup of brown sugar and two tablespoonfuls of cream. Flavor with a teaspoonful of vanilla, and add a handful of chopped nut meats.

"*Full of Pep.*" Chop a cup of preserved ginger very fine, nad blend with it enough thick, sweet cream to make the mixture of the right consistency for spreading.

The Sandwich "Unusual." Combine dates and raisins. Pass them through a food chopper, and add to each cup of the mixture two tablespoonfuls of honey and one of orange juice.

"*Dreams.*" Take equal quantities of dates and nuts; run through a food chopper, and add to each cup a quarter of a cup of maple sugar and a small amount of cream. Use the mixture as a filling between very thin slices of bread, or slices of toasted sponge cake, or any loaf cake.

"*Sweet Sixteen*" *Sandwiches.* Use square bakers' rusks, and cut up and down in thin slices. Spread with peanut butter. Then spread with sweet chocolate, melted.

"*Night Caps.*" Use wafers, and on each spread a layer of nut butter and nut meats. Toast a marshmallow, and put one on each wafer, or the marshmallows, nuts and crackers may be arranged in layers and all put into a slow oven for a moment and thus heated.

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Contributions to this department will be gladly received. Accepted items will be paid for at reasonable rates.

Buy or Not Buy

STEERING a straight path between the insistence of certain people that one should refrain from spending for anything that can possibly be done without for the moment, and, on the other hand, the advice to "stock up" (remembering the coal fiasco of last winter!) lest the time of scarcity arrive and find one unprovided, — is no easy matter, in these days, especially for those who "mean well, but don't know!"

One woman, at least, sat down and reasoned quietly and sensibly with herself, until she had a working maxim, which took the weight from her mind, once and for all.

The uncertainty is generally based on the question, as to whether the purchase to be made is *really* needed or not. The woman referred to, when the urge to buy came to her, went first over every article of the sort that she already possessed, and made absolutely sure, either that it was *not* worth having cleaned, mended, made over, or otherwise put in the best order possible to it, or else she had the repairs and alterations put through at once, and the garment, or article put in finished condition for use. Secondly, she disposed of whatever she decided frankly to discard; getting it "off her mind," once and for all, — whether it could find place in some relief work, be remodelled for other purposes, or simply "dumped out!" Thirdly, she went through whatever she had on hand in the way of "raw material," that could be utilized in making up for use along the same lines. And made it up!

Then, and only then, if the need still made itself a clear and honest one, did she go out and buy for herself, or her household the article of which the need had proven itself — with clear conscience, and a far more certain knowledge of what would *meet* that need than if she had merely hurried out and stocked up, in answer to some alluring advertisement of special values, with something that she was only half convinced that she needed, but that she felt fairly sure would come in conveniently, because one never knows! When one *does* know is the time to buy, and only then! To one who has not tried it, it is astonishing how the above method clears the horizon. A. D.

* * *

An Inexpensive Pleasure for an Invalid or Aged Person

WE have always considered poppies as outdoor flowers, but try growing them indoors for a gift that will please an invalid or an aged friend, who must stay indoors.

Any good garden earth will answer, for poppies will grow, if not thrive fully, in poor soil, and they will begin to flower when ludicrously small, one two inches high, with a bud on it, is in sight of the writer now. The tall, double purple poppies, that have the opium pods, when grown in the house, are single, and about an inch and a half in diameter. Try to get the many colors, not just the familiar red kind, but a paper of seeds with yellow, coral, shrimp and apricot colors, some fringed with white, and rose colored ones

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with white hearts; indeed, every day will show a new specimen, if you have a row of pots, or a large box, full of plants.

Also try marigolds; these are hardy, and will bear the cold of a draughty window, either the double yellow ones, or the velvet marigolds. And it is said that the bachelor's buttons or "bluets" will thrive indoors, also.

Thus a gift, costing nothing, if you gather the seeds from your own, or a friend's garden, may be prepared for those who cannot enjoy outdoor gardens and gardening.

A Last-Minute Dessert

(Costing Fourteen Cents for Six Persons)

There were just three large bananas for three in the family, when suddenly three guests arrived. There was a choice roast, all prepared for dinner, but for dessert, the bananas were extended in this way:

Two whites of eggs were whipped, and one and one-half bananas were whipped with these to a stiff, fluffy mass. The other one and one-half bananas (the stem ends that would make the best slices) were arranged in neat circles of slices on six plates of small dessert size, and the whipped egg and fruit piled in the centre.

The white of egg and banana was sweetened and flavored lightly with the best quality of vanilla. Some persons prefer lemon juice with bananas, and vanilla is not indispensable, but it seems to blend with everything, improving even green gooseberries and pumpkin pie.

Baked apple or stewed apple sifted very smooth and nice can be used for this dish, or pears, or other fruit pulp; and raspberry jam, or other jam may also be made into jam whips. Pile these in dainty glasses or arrange on squares of cake.

Another quick dessert might be this: to have whipped all three of the bananas with white of egg in proportion, and quickly buy cake at the nearest cake shop, and cut in squares and pile the banana fluff upon it, topping off with a maraschino cherry, or strips of angelica or citron, or preserved orange peel, cut in long straws. In ordinary times, when sugar is abundant, such preserved peel may be cheaply made from peels of oranges, lemons and grape fruit, otherwise wasted.

From an Old Cook-Book

In old houses, in some libraries or in art rooms, may often be found queer old cookery books, long since out of print, from which one may glean an occasional idea, well worthy of experiment. In one such book, written when eggs and poultry could be used lavishly, was a recipe for the use of salsify (vegetable oysters) in chicken pie. As three chickens were used to a pint of the salsify, it is evident that the vegetable was added to enhance the flavor of the dish, rather than to eke out the supply of chicken. The salsify was to be cut in pieces the size of an oyster and boiled. In these days the quantity of oyster plant might be increased considerably without detriment to the pie, and to the advantage of the pocket book.

To Replace Raisins Use Prunes

Raisins, recently so cheap, are crawling upwards, and it is well to know that prunes, cut rather fine, answer most satisfactorily to replace part of the raisins n puddings, etc.

Substitute home-dried cherries also. And orange peel, and other similar peels of lemon and grape fruit may be home-cured and used as sweetmeats in desserts. So, also, may citron-melon rind be cooked and crystallized to replace commercial citron.

Prunes give a delicious flavor to plum puddings and boiled suet puddings, and all the various steamed winter puddings.

Make a prune betty, for a change.

Prune Betty, How To Flavor It

Stew some prunes until rather tender and sift them. Combine them with layers of crumbs, as you make apple betty. A little sugar and a very little salt will be needed. It improves this pudding very much to add some grated orange

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peel and some ground clove. In these days we are so thankful for a dessert, we do not waste butter upon it; however, when better times return, some good cook's advice to add butter to the layers of crumbs may be followed.

An Economical Hint Obtained from Italy

Sometimes it happens that omelette is left. It seems a pity to waste it. Why not use this Italian method, which was not devised to prevent waste, but to make a choice dish? Small omelettes are made quite thin and spread to cool, and then are cut into strips about a quarter of an inch wide. These strips are heated in butter and sprinkled with grated cheese and served with a meat gravy or sauce. The sauce should be well seasoned and savory with vegetables, celery, onion and parsley, a little tomato also.

Additions to Hamburg Steak

Try a little sausage, mixed with the beef, chopped for hamburg steak, or a little chipped beef ground with it. Again, if you have nuts, try black walnuts ground and mixed with the meat and bake the balls in the oven with slices of onion or chopped onion in the fat around them. This gives a better flavor than raw onion in the balls. J. D. C.

* * *

Cabbage Salad

ONE and one-half quarts of fine-shaved cabbage, one pint of fine-chopped celery, four hard-boiled eggs, shredded, one and a half cups of English walnuts, sliced, one-fourth cup of sugar, one-half teaspoonful of salt, one-half teaspoonful of white pepper, one-half cup of cider vinegar, and two cups of very thick sweet cream. Stir the cream in after the other ingredients have been thoroughly mixed.

Carrot Salad

Line a salad bowl with cabbage that has been shredded, soaked in ice water until crisp, and dried on a soft cloth. Sprinkle lightly with salt and pepper. Have ready very small beets and carrots, that have been cooked until tender in boiling, salted water, and shredded and marinated in French dressing for two hours. Arrange these in alternate colors, sprinkle lightly with horseradish, add French dressing and serve. J. J. O'C.

* * *

Bisque Soup

IF you wish tomato bisque soup and have only a small amount of tomato, but have some left-over, cooked vegetables, prepare as follows: Put in a kettle bits of left-over turnips or cabbage or parsnips (from a boiled dinner), also a little left-over, cold, cooked cereal (oatmeal, cream of wheat, or whatever is left from breakfast), also slice one onion, and add a little water. Cook slowly, stirring to prevent burning until the onion is a little softened. Then strain, pressing through a purée sieve about a half cup of purée, and as much liquid as there is. Put this in a double boiler with three cups of milk and heat, then just before ready to serve add one-half a cup of tomato juice, into which a tablespoonful of flour has been stirred. Blend mixture, season to taste and serve with croutons.

This soup, while not so deep a color as the regular bisque, is still almost as rich flavored, because of the variety of ingredients.

Luncheon Dishes

2. For a luncheon dish, if a little of the above soup or any cream soup is left, the following is very savory. Butter ramekins (rather large ones) and put in each ramekin a tablespoonful of soup, then drop in an egg; on this, shave a little cheese and add salt and pepper, then add a teaspoonful more of the soup (or enough to cover the top of the ramekin), and sprinkle a few buttered cracker crumbs over the whole. Bake in a hot oven five or ten minutes; serve very hot.

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3. As a hearty dish for luncheon, which yet does not require meat, and so is suitable for Lent, stew one-half pound mushrooms in cream by the regular recipe, putting in peelings and stems also, and before taking up, add a can of peas. When very hot, pour over triangles of toast and serve. H. W. R.

* * *

Wheat Products

White Wheat Bread is made from flour refined from the starchy white center of the wheat kernel.

Whole Wheat Bread is made from flour made from the starchy center and some of the outer brown layers (bran) of the wheat kernel.

Graham Bread and Graham Crackers are made from flour containing all the wheat kernel, including the bran.

Macaroni, Spaghetti, Noodles are made from wheat flour.

Fuel Conservation

Fuel conservation is patriotic service that costs you nothing. It helps the government and saves you money. A different way to aid your country is to cut down fuel in the kitchen, not by less cooking, but by careful management. Whether it be coal, gas, oil or electricity that is used, the government needs all we can save. In war times fuel and transportation are the big items. We can have better cooking at less cost, saving time, food and flavor.

Many dishes may be improved by long, slow cookery, with no need of watchfulness, and no danger of burning. A tiny flame will keep the food at simmering point for hours. It is an old notion that tough meats cost so much to cook that they were no cheaper, in the end, than tender cuts that cook quickly. It costs more to roast five pounds of choice beef than to roast ten pounds from the rump. A two-pound steak requires more fuel than six pounds of meat cooked gently for hours. Dried lima beans make delicious dishes with the least amount of fuel. A little meat, cooked with a lot of vegetables, makes a savory dish, at a moderate cost.

Cutting down gas bills may not help the gas company, but it does help Uncle Sam, and the quarters we save can buy thrift stamps to help our boys.

Gas is wasted by:

Lighting before filling tea-kettle.

Heating more water than cooking requires.

Using large burner, when small one would do.

Use Simmerer Instead of Small Burner

Using small burner when simmerer would do.

Leaving flame on full after foods boil.

Letting flame extend beyond utensil.

Leaving gas on from one process to another.

Heating oven too hot, or too long beforehand.

Leaving oven lighted until baking is finished — retained heat will bake for five or ten minutes without gas.

Using yellow flame from dirty burner, or dusty mixers; clean burners give a hotter flame.

Poorly planned meals — heated oven space not utilized.

A small, well-selected equipment has every advantage over a large mixed collection of utensils. Kitchen convenience is a reflection of the worker, and drudgery is forgotten when one is interested in her task. H. R.

* * *

A French Village Home

NOT every little girl gets as interesting a letter from her soldier father as the following, which the *Springfield Republican* recently printed. It was written by an officer in a Massachusetts regiment, now serving in France, and gives an entertaining description of French peasant life. After telling her that the farmers live in villages, and that their houses are built of stone, and roofed with slabs of stone, he continues:

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"These houses are so old that the roofs are green with moss. Usually, there is one window downstairs, opening on the street beside the door. In the window inside is the sink, a great, saucer-shaped stone, and a hole under the window is the sink drain — right on to the street. Opposite the door is the fireplace, just a place on the stone slab floor, with a hood over it.

"There, over the embers, are toasters, trivets, skillets, and all sorts of old-fashioned cooking utensils. Over in the corner is a brass thing that looks like a covered basket. It is a foot warmer. They fill it with coals, and in that way keep their feet warm in the cold rooms. On the step outside the door is a row of wooden shoes, which they wear over soft felt shoes that lace round the ankles. Over in the corner of the room is a bed, and, except for a few chairs and a table, the room is complete.

"The night daddy got here he went to one of these houses, with two other officers, and asked the lady if she could provide some supper. She said she could. So she put some more sticks on the fire, wiped out a three-legged iron skillet, put in some lard, set the skillet down on the hearth and raked some coals under it. Then she pared some potatoes and cut them for frying. After that she reached up to one of the beams that crossed the kitchen and took down a ham. She cut off some slices, fried them, and we had a fine supper; bread and butter, ham, French-fried potatoes and quince jelly."

H. M. J.

Christmas Sweets

(Concluded from page 341)

them in melted fondant, or "Dot" chocolate. These centers should stand over night before dipping. When "Dot" chocolate is used for dipping, it should be melted over warm water, the temperature of which must be kept decidedly below the boiling point. Shave the chocolate, and stir constantly while melting. Dip centers in chocolate, stir until well coated, and remove with a fork or confectioner's dipper. Allow to cool on paraffine paper. The centers may be varied by the addition of cocoanut, nuts or candied fruit, and they may be dipped in melted fondant instead of the "Dot" chocolate. Melt the fondant over hot water, dip centers, and cool on paraffine paper. Stir fondant occasionally, to keep a crust from forming. Chocolate, shaved and melted, may be added to melted fondant, and the centers dipped in this mixture. Add sufficient chocolate to produce a good color. Since this maple syrup fondant is dark, it is hard to color it with any of the delicate coloring pastes.

After dinner mints may be made by adding a few drops of oil of peppermint to melted fondant. Drop mixture from end of a spoon on paraffine paper. Chopped nuts may be added to melted fondant, and the mixture allowed to cool in a greased pan. Cut into squares with a sharp knife when nearly hard.

Walnut creams are made by rolling small pieces of fondant into balls, and pressing half a walnut on opposite sides, until the balls are flattened.

The Service Flag

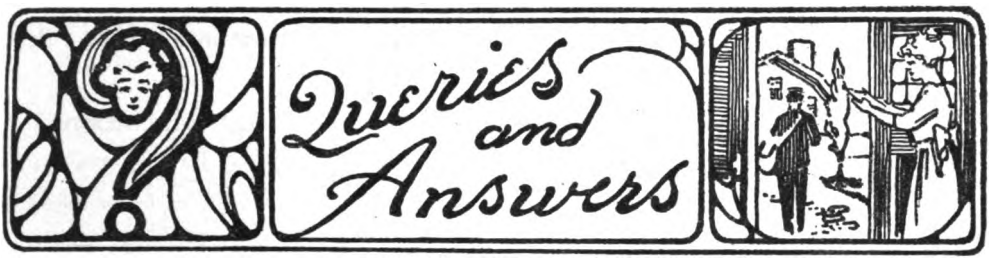
O SERVICE FLAG, with colors three,
Mute emblem of true loyalty
Of hearts that gave their very all
To serve their country's duty call,
Our homage we extend to thee!

Each tiny star that we can see
Bespeaks a soldier oversea,
With heart of steel to stand or fall.
O SERVICE FLAG!

And none can fathom the degree
Of sacrifice each star doth plea!
Those gallant efforts to forestall,
A cruel, fiendish foe, appall!
Thou stand'st for WORLD DEMOCRACY,
O SERVICE FLAG!

— *Caroline Louise Sumner.*

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THIS department is for the benefit and free use of our subscribers. Questions relating to recipes and those pertaining to culinary science and domestic economics in general, will be cheerfully answered by the editor. Communications for this department must reach us before the first of the month preceding that in which the answers are expected to appear. In letters requesting answers by mail, please enclose address and stamped envelope. For menus, remit $1.00. Address queries to Janet M. Hill, Editor. AMERICAN COOKERY, 221 Columbus Ave., Boston, Mass.

QUERY No. 4001. — "In making Paprika Sauce to serve with a young chicken, baked in a bean pot, what may be added besides browned fat and flour, to make the sauce brown in color?"

To Give Brown Color to Sauce

The water in which dried mushrooms are soaked is one of the best things to add to a sauce, to give it a brown shade.

QUERY No. 4002. — "What proportions of sugar and water should be used to make the syrup used in the recipe for Peach Sherbet, as given in 'The Book of Entrées,' also what may be used in place of the curacoa; how is the Italian meringue made?"

Peach Sherbet

Boil one quart of water and one pint of sugar with the yellow rind of two oranges twenty minutes, counting the time after the mixture begins to boil. Let cool, then add the juice of two oranges and one lemon, with two cups of peach pulp and juice. Boil one cup of sugar and one-third a cup of boiling water to the soft-ball stage, then pour in a fine stream on the whites of one or two eggs, beaten very light, beating constantly, meanwhile; then beat occasionally until cold. When the first mixture is nearly frozen and the meringue is cold, add the merigue to the partly-frozen mixture and finish freezing. The rind of the oranges, cooked in the syrup, takes the place of the curacoa or orange cordial.

QUERY No. 4003. — "Recipes for Plum Sherbet and Peach Salad with dressing."

Plum Sherbet

Make a syrup, as for peach sherbet; in it cook about a quart of plums until soft, then press through a sieve; add the juice of a lemon and when cold freeze.

Peach Salad

Cut the peaches in halves, remove the skin, and cut in even quarters, lengthwise, eight pieces to a peach; at once squeeze over the prepared peaches a little lemon juice, to keep them from discoloring. Mix paprika and salt, a few grains of each, with choice olive oil. Set the peaches on heart-leaves of lettuce, and sprinkle a little of the seasoned oil over them. A teaspoonful of strained honey may be added to each three tablespoonfuls of oil, if desired.

QUERY No. 4004. — "Cookies made by the following recipe are hard and tough, what is the trouble with it?

"1¼ cups butter, 2 cups sugar, 2 eggs, 1 cup buttermilk, 1 teaspoonful soda, nutmeg, flour enough to roll out thin."

Fault in Preceding Recipe

Probably too much flour is used. The recipe should make good cookies, if the dough is kept soft and only a small portion of it handled at a time. Half a teaspoonful of soda to sweeten the buttermilk (if sour) and four teaspoonfuls of baking powder would be preferable to the one teaspoonful of soda. A magic cover and a spatula are of great assistance in

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shaping cookies. To lift the cookies from the board or cloth, slip the side of the spatula under it, rather than the end.

QUERY No. 4005 — "Recipes for cookies using substitutes for wheat flour and sugar in whole or part."

Cookies with Substitutes, Molasses Nut Drop Cookies

Cream one-third a cup of shortening; beat into it half a cup of corn syrup, half a cup of chopped nut meats, one egg beaten light and two-thirds a cup of molasses. Sift together one cup and a fourth, each, of wheat and rye flour, one-half a teaspoonful, each, of salt, soda, and cinnamon, and one teaspoonful, each, of ginger and baking powder. Beat the two mixtures together thoroughly. Shape a teaspoonful in a place, on tins rubbed over with fat, to make symmetrical rounds, some distance apart; set half a nut meat above each shape and dredge with granulated sugar, if at hand. Bake in a moderate oven. The recipe makes about thirty cakes.

Peanut Cookies

¼ cup shortening
¼ cup sugar
¼ cup maple syrup
1 egg, beaten light
2 tablespoonfuls milk
½ cup wheat, oat or barley flour
½ cup rice flour
½ teaspoonful salt
2 teaspoonfuls baking powder
¾ cup peanuts, crushed

Cream the shortening; beat in the sugar, syrup, egg and milk; add the flour, sifted with the salt and baking powder; mix and, lastly, add the nuts crushed in a wooden bowl with a pestle. Shape in small rounds with a teaspoon on greased baking pans. Set half a peanut above each round. Bake in a moderate oven.

Buckwheat Cookies

½ cup shortening
½ cup sugar
½ cup maple or corn syrup
2 eggs, beaten light
1½ cups buckwheat flour
1 teaspoonful baking powder
½ teaspoonful salt, if shortening is unsalted

Mix in the order enumerated, knead slightly, roll and cut into shapes. Bake in a quick oven.

Oatmeal Fruit Macaroons

¾ cup raisins or dates, chopped
2½ cups rolled oats
½ teaspoonful salt
2 eggs, beaten light
½ cup granulated sugar
2 tablespoonfuls corn syrup
1 tablespoonful melted shortening

Mix the fruit with the oats and salt. Beat the sugar, syrup and shortening into the eggs and combine the two mixtures. Shape with a teaspoon in compact rounds on a greased baking pan. Bake in moderate oven.

Sour-Cream Drop Cookies

½ cup shortening
½ cup sugar
½ cup corn syrup
1 egg, beaten light
½ cup sour cream
1½ cups wheat flour
½ teaspoonful soda
½ cup rice flour

Mix in the order given, first beating the butter to a cream; drop from a spoon upon a buttered baking sheet; bake in an oven of moderate heat.

Soft Molasses Cookies

1-3 cup butter
1-3 cup boiling water
1 cup molasses
1 teaspoonful, level, soda
1 teaspoonful ginger
½ teaspoonful cinnamon
½ teaspoonful salt
Barley and wheat flour for drop batter

Melt the butter in the boiling water; add the molasses and the other ingredients sifted together. Drop from a spoon upon a buttered baking pan, having the cakes some distance apart. Bake in a moderately quick oven. The dough should be of a consistency to make cakes that do not spread too much. Try one cake, then add more flour if needed. Stored in a tight-closed earthen jar the cakes will keep moist a long time.

QUERY No. 4006. — "Recipe for 'Celery Relish for Oysters.'"

Celery Relish

(M. H. N.)

Cut celery fine to make three quarts; add two quarts of apples, measured after

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War Cake

A Conservation Delicacy—No Wheat, No Eggs, No Butter, No Milk

THE table at this season must have its dainties. Yet none of us would think for a moment of disregarding the wishes of the Food Administration. This recipe solves the problem.

You use Crisco instead of butter and to real advantage because Crisco more than takes the place of butter in richness, delicacy and uniformity. The best of butters vary in quality but Crisco never does.

CRISCO
For Frying—For Shortening
For Cake Making

Crisco-made cakes also have this advantage—they stay fresh and moist longer. Their texture is unusually fine.

Crisco is creamed edible oil, tasteless, odorless and purely vegetable. It easily blends with war flours and all other ingredients. It is a shortening you can depend upon any time and anywhere.

To use butter in cakes is an unnecessary expense for Crisco gives satisfactory results and it costs only about half as much as butter.

Careful housekeepers like Crisco because it comes to them safe-guarded from impurities in sanitary, air-tight containers. Try it. Packages one pound and upward, net weight.

War Cake

Tested and Approved by Good Housekeeping Institute, Mildred Maddocks, Director.

1 cupful water
1 cupful brown sugar
½ cupful Crisco
2 cupfuls seeded raisins
¼ teaspoonful grated nutmeg
1 teaspoonful cinnamon
½ teaspoonful cloves
¼ teaspoonful salt
1 teaspoonful soda
2¼ cupfuls barley flour
½ teaspoonful baking powder

Use accurate **level** measurements

Boil together for three minutes, the water, brown sugar, Crisco, raisins and spices. Let this mixture become thoroughly cold, then add the flour sifted with the salt, soda and baking powder. Beat these ingredients together thoroughly, and pour into a well Criscoed loaf pan. Bake in a slow oven for one hour.

Have You Seen "War Time Recipes"?

Here's a book by Janet McKenzie Hill that should be in the hands of every American woman. The editor of American Cookery tells how to use all substitute flours successfully and gives over 300 conservation recipes, appetizing foods that will save you money. The book is illustrated in color. If you have a copy yourself, it will make a nice little Christmas greeting to send to some young housekeeper. Published to sell for 25 cents, we will send a copy for 10 cents in stamps. Address Dept. A-12, The Procter & Gamble Co., Cincinnati, O.

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being put through a food chopper, add twelve, each, of green and red peppers, put through the food chopper, after the removal of stems and seeds; sprinkle the whole with two tablespoonfuls of salt, and let simmer until the celery is tender, then drain and add one pound of seeded raisins. Make a syrup of two pounds of sugar, one quart of vinegar, one pint of water, and two sticks of cinnamon; pour the syrup over the celery mixture and let simmer very gently one hour. Seal in jars as in canning.

Spiced Celery

(F. M. F.)

Cut off and discard the roots and leaves of six bunches of celery. Separate the stalks, wash, dry and chop. Peel and chop fifteen tomatoes; wash, wipe and chop one red pepper, discarding the seeds. Mix two cups of sugar, two tablespoonfuls of salt, one teaspoonful of mustard, one teaspoonful of clove, one teaspoonful of cinnamon, one teaspoonful of celery seed; add one cup and a half of vinegar. Put all the ingredients in an agate (white lined) saucepan, heat to the boiling point, then let simmer one hour and a half. Store hot in fruit jars, as in all canning.

QUERY No. 4007. — "Recipe for Beet and Horseradish Relish to serve with fish."

Beet Relish

- 1 quart cooked beets
- 1 quart uncooked cabbage
- 1 cup fresh grated horseradish
- 1 cup sugar
- ½ teaspoonful cayenne pepper
- 1 tablespoonful mustard
- 1 teaspoonful salt
- 2 cups cider vinegar

Chop the beets and cabbage, separately, very fine; add all the other ingredients, mix and cook twenty minutes. Seal in fruit jars as in canning.

QUERY No. 4008. — "Recipe for Marshmallow Filling."

Marshmallow Filling

(MRS. LINCOLN)

- 1 ounce granulated gum arabic
- 4 tablespoonfuls cold water
- ½ cup sugar
- 3 egg-whites, beaten stiff
- 1 teaspoonful vanilla extract

Soak the gum arabic in cold water one hour. Stir over boiling water until melted; strain into a double boiler; add the sugar and let cook thirty minutes; add the beaten whites and vanilla, and beat until the mixture is stiff and white.

QUERY No. 4009. — "Suggestions for Church Suppers for fifty cents."

Church Suppers for Fifty Cents

SUBSTANTIAL DISHES FOR CHURCH SUPPERS

- Creamed Haddock, Cabbage Salad
- Fresh Fish Chowder, Tomato Jelly Salad
- Boned Filets of Haddock Baked with Bread Dressing, Drawn-Butter Sauce
- Hot Macaroni with Cheese and Tomatoes
- Succotash — Lima Beans, Corn (chopped)
- Hot Macaroni with Sliced Tongue (cheese and tomato) (one dish)
- Baked Mexican Rabbit (War Time Cook Book)
- Hot Macaroni with Hamburg Steak (one dish)
- Hamburg Roast, Mashed or Franconia Potatoes
- Hot Boiled Tongue, Scalloped Tomatoes
- Creamed Corned Beef (onion and celery flavored) au gratin
- Cold Boiled Tongue, Potato Salad

ECONOMICAL DESSERT DISHES FOR CHURCH SUPPERS

- Baked Indian Pudding
- Apple Pies
- Squash Pies
- Pumpkin Pies
- Queen of Puddings (bread, jelly, meringue)
- Junket Ice Cream (made with sweetened condensed Milk)
- Hot Gingerbread, Cottage Cheese

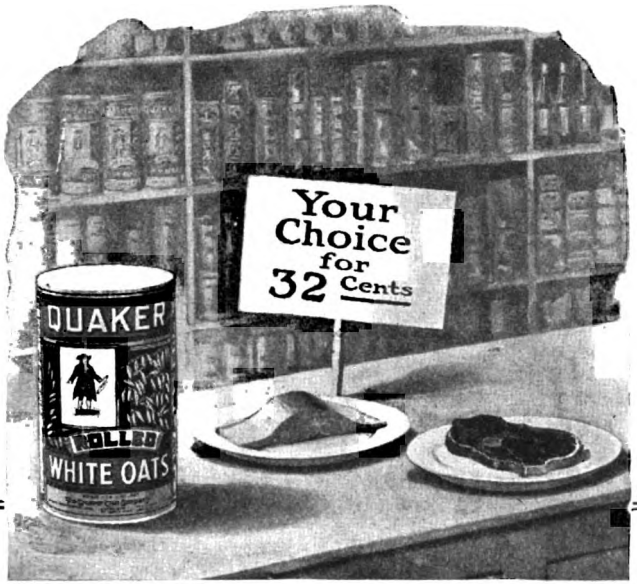
QUERY No. 4010. — "To what use, other than sponge cake, may Potato Flour be put? Can it be used in Bread?"

Uses of Potato Flour

A recipe for muffins made of potato flour is given in the seasonable recipes. In making one loaf of bread with wheat flour, half a cup of potato flour may be used to take the place of one cup of wheat flour. The loaf will be good bread, but not as large or feathery as when made of all wheat.

"What's all that noise over at the minister's house?" "Oh, he's memorizing his sermon; he always has to practise what he preaches." — *Judge.*

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Choose Wisely

They Differ in Value From 7 to 10-Fold

The large package of Quaker Oats costs from 30 to 32 cents. So does a pound of round steak at this writing—or a pound of fresh halibut.

But, measured in calories—the standard energy unit—they differ in value as follows:

The Quaker Oats package yields	**6221**	**calories**
The pound of round steak yields	**890**	**"**
The pound of halibut yields	**565**	**"**

Quaker Oats gives you, for the same money, about eight times the calory value of meat foods, on the average.

On that basis, each dollar spent for Quaker Oats buys as much as $8 in meats.

It buys as much as $20 in some foods.

And Quaker Oats is vastly better food. It is better-balanced, more complete. It is rich in needed minerals. The oat is almost the ideal food, both in flavor and nutrition.

Make Quaker Oats your breakfast. Use it to cut your meat bills. Mix it with your flour foods.

It means lower cost of living. It means better food for all.

Quaker Oats

Just the Cream of the Oats

The exquisite flavor of Quaker Oats is due to selected grains. We flake the queen oats only—just the big plump grains. We get but ten pounds from a bushel. When you ask for Quaker Oats you get this extra flavor without extra price. It pays.

Two Sizes: 12 to 13c—30 to 32c

Except in the Far West and South

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New Books

Home and Farm Food Preservation. By WILLIAM V. CRUESS. Illustrated. Price, $1.50. The MacMillan Company, New York.

This volume tells "why" food spoils, and the ways of preventing spoiling. There are three main divisions in the text: First, the Principles of Food Preservation; Second, Methods of Food Preservation; Third, Food Preservation Recipes.

The reading of the first two sections will make clear the fundamental principles and will give the student an understanding of the general application of these principles. This will be of assistance in carrying out the specific instructions in the third part.

The material presented is designed, primarily, for the housewife and farmer, to assist them in preserving surplus farm products for their own use. It will be, also, of value and interest to domestic science teachers and canning demonstrators.

The illustrations are excellent and helpful. The text, in every part, is scientifically and well done. As a thoroughly practical and reliable work, this volume can be highly commended.

Sunshine and Awkwardness. By STRICKLAND GILLILAN. $1.00. Forbes & Co., Chicago.

Like the author's former books, "Including Finnigin" and "Including You and Me," the new volume will make a strong appeal to everybody; for it is a tonic to the mind and heart. Wit, humor, clear thinking and a wholesome view of life flow through the pages. Such a book as this is needed in these times to revive our sense of humor and thereby strengthen our mental balance and ideas of proportion.

We can understand why Gillilan, after twenty years on the platform, is in such demand for lecture engagements that he cannot respond to the greater part of the requests. What he says is worth hearing. Through this joyful book everybody can have the privilege of hearing the equivalent of two of his best lectures.

This book is pleasing, not alone for its wit and jollity, but also for the serious touches which appear here and there. Readable for sake of relaxation and cheerfulness.

Home and Community Hygiene. By JEAN BROADHURST, PH.D. 118 Illustrations. $2.00 net. J. B. Lippincott Company, Philadelphia, Pa.

How to keep well! The cloak of mystery which was once wrapped about the art of keeping well is being discarded by the physician and the trained expert in hygiene. Today the first and last aim of home and community hygiene, as experts see it, is not only to keep you and your family, your neighbor and his family in health, through medical treatment and board of health rules, but to get your cooperation in every step of the process. The problem of keeping well is your business, as well as that of the city and state health department.

What are the chief enemies of health? The first chapter in this book describes them. Second, what is the human machine? A good outline is given in chapter two. Then follow chapters dealing with each item that demands attention: food, milk, water, air and ventilation; cleanliness (in sewerage and refuse disposal), how disease is carried; our defenses against disease, when it attacks, how to treat it; how to make a health fortress of the home, of the school, of the library, church and other meeting places; how to protect and care for babies; how to attain vigorous old age; how to defeat that terrible plague of civilized life, tuberculosis; how to protect the working man and woman from accident and disease; how to keep the mind well; what military hy-

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Meeting Present Day Needs



Food Conservation has proved an education to us all!

The RYZON Service Staff itself never realized the adaptability of RYZON until, one after another, our accustomed ingredients were curtailed and "substitutes" confronted us on every hand.

But the RYZON Conservation Recipes were promptly developed and in all cases RYZON justified its title of "The Perfect Baking Powder." With the coarser flours as well as with sugar substitutes, the results from RYZON baking combine satisfaction with economy.

The new edition of the RYZON Baking Book contains the Conservation Recipes prepared by the RYZON Service Staff and approved by the United States Food Administration.

RYZON is 40c per pound. The RYZON Baking Book (original price $1.00) will be sent upon receipt of 30c in stamps or coin except in Canada.

A pound tin of RYZON and a copy of the RYZON Baking Book will be sent free, postpaid, to any Domestic Science teacher who writes us on school stationery, giving official position.

RYZON

THE PERFECT BAKING POWDER

GENERAL CHEMICAL CO.
FOOD DEPARTMENT
NEW YORK

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giene aims to do; why the city is safer than the country for human life, and how to improve rural hygiene; the value of vital statistics, and health education as a universal conscription that is destined to save human life in the future from the dangers now threatening it on every hand. Finally, why the Health Board in city and state is the citizen's best friend, to be aided in every way possible.

Courses in hygiene, sanitary science, preventive medicine and public health, are being given more and more frequently in our schools and colleges, but so far textbooks, which cover the whole field of disease prevention and health conservation, and which non-technical students and general readers can understand and follow intelligently, are rare indeed. To keep well is a patriotic duty. This book is highly commendable to nurses, teachers and mothers of America.



Active Little Folks

need the comfortable security given by

Velvet Grip

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HOSE SUPPORTER

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Child's sample pair (give age) 20c. postpaid. For Infants—"The Baby Midget Velvet Grip Hose Supporter," Silk 15c; Lisle 10c.

GEORGE FROST CO. - Makers - Boston

The Business of the Household. By C. W. TABER. Numerous illustrations, tables, etc. $2.00 net. J. B. Lippincott Company, Philadelphia, Pa.

Efficiency in the business of the home is the next step in war conservation urgently demanded by the needs of the times. With taxes, Liberty Loans, War Chests, and the High Cost of Living, the task to make income and outgo balance in the family budget would seem to require something resembling financial genius.

In "The Business of the Household," C. W. Taber, with the assistance of noted professionals and technical experts, has applied the efficiency idea to the household budget and household management so effectively as to be of inestimable value to the average reader. So convinced is the author of the efficacy of his remedy, that he does not hesitate to say, "If home-study clubs, with a membership of two, will consider the plans here outlined, and if they will faithfully carry out the suggestions made, the problem of home finance will straightway be solved."

The system outlined in this volume is not only business-like, but it is founded upon common sense. A housewife who would be successful, and her partner who desires to found a suitable home life, which his means will readily support, will find this volume of great value and helpfulness.

In addition, the book may be used as a textbook for high schools and colleges; it may also serve as a reference book for the teacher in home economics in all grades.

The Liberty Cook Book. By BERTHA STOCKBRIDGE. $2.00 net. D. Appleton & Company, New York.

This book has been written with the sole purpose of assisting the American woman to conserve food. Housekeepers, who have found the use of substitutes a problem, will be greatly relieved to learn that many of the old, delicious, but expensive dishes may be prepared in a new,

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All-Year Food Delights

Learn New Ways of Serving Many Pleasing Dishes



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"Since 1827"

"Iowa's Pride" Bacon

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TO meet the eager demands of women who are finding it difficult to provide the economical variety that table efficiency now requires, Mrs. Ida C. Bailey Allen has written for us a book that contains new and selected recipe masterpieces — a book that tells 111 ways of serving Morrell's table delicacies, and make them go further.

This splendid new book will be sent free, upon receipt of your name and address, and the name and address of your dealer. Get your copy today.

JOHN MORRELL & CO.

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THE delicate and exquisite flavor of Burnett's Vanilla gives a wonderful charm to the simple desserts that everybody serves these days. Do not risk spoiling expensive ingredients by using "cheap" flavoring—use Burnett's for both quality and thrift.

Burnett's Vanilla

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Send 5c for Book of War-time recipes, using very little flour or sugar.



BREAD BOARD

Eleven-inch turned maple bread board. The edge of this board is undercut like a dinner plate making a finished and attractive article. Sent, prepaid, to any present subscriber for securing and sending us one (1) new yearly subscription for **American Cookery**. Cash price, 75 cents.

The Boston Cooking-School Magazine Co.
Boston, Mass.

WHEATLESS - MEATLESS MEALS

84 Menus, 124 Recipes, directions for preparing each meal, food values, substitutes, timely suggestions, etc. 10c or **FREE** for four names of friends interested in Domestic Science.
Am. School Home Economics, 503 W. 69th St., Chicago, Ill.

less expensive way, but in one that will keep the food just as delicious as in peace times. There are hundreds of recipes for preparing meats, fish, vegetables, soups, preserves, dried fruits, etc., and the author tells just how the housewife can cut down on her wheat, meat, sugar, eggs and butter without in the least detracting from the taste, appearance or nutritive value of her meals. Sandwiches of many varieties are given especial place. One particularly desirable feature of the book will be found in the manner in which the recipes may be used to cover the needs of two persons, or they may be used to prepare a banquet, and the quality retain the high standard of excellence.

More Recipes for Fifty. By FRANCES L. SMITH. Cloth, $1.50 net. Whitcomb & Barrows, Boston.

The introduction best describes this book:

A recipe, called to judgment, must answer three questions:

Is it practical?
Is it economical?
Is the result attractive?

These questions have to be answered in the affirmative when the recipes are planned for small groups. The answers must be still more emphatic when cooking is done for half a hundred.

The first book by Miss Smith has proved its rare value to the many dietitians and institution managers who have used it. The second carries the added merit of adjustment to our increased list of staples.

Before the war, we were in a rut in our kitchens. We used wheat, meat, sugar, and fats thoughtlessly and monotonously. Now, happily, cooking is lifted out of this dull routine. It has become a real adventure.

Repeated experiments with what, in the first days of the world struggle, we called "substitutes" have produced the recipes in this book. They make a reliable and complete collection of palatable dishes, which are not only good in theory, but entirely satisfactory in practice.

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FLAVORY, tender green peas—the very finest grown—picked when just right for the table! You will say—"I never tasted such good peas"—when you try Wilson's Certified Brand.

Only peas of uniform size—plump, full-flavored and fresh from the vines—are good enough to win Wilson's Certified Brand—the label of perfect quality.

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Wilson's Certified Brand canned foods and table specialties possess such a high degree of excellence that we place our "money back" guarantee right on the label.

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Leaf Spinach	Peanut Butter
Giant Asparagus	Mince Meat
Asparagus Tips	Olives
California Peaches	Sardines Salmon
Hawaiian Pineapple	Corned Beef Hash
Cherries	Ox Tongue
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HOUGHTON MIFFLIN COMPANY

BOSTON AND NEW YORK

THE SILVER LINING

Deep Apple Pie

Yum, Yum, Yi,
Deep apple pie,
Nothing else to eat so nice,
So say I.

Get a good, deep pudding dish;
Well your apples peel;
Cut them all up thin and fine,
With sugar a good deal.

Fill the dish up to the brim;
A dash of cinnamon;
Some water, then you're ready quite
To put the pastry on.

For that we need a cup of flour,
Some baking powder, too;
A pinch of salt; some butter, yes,
Half-a-cup will do.

Sift the powder, salt, and flour,
The butter rub in slow,
Wet with water just enough
To make into a dough.

Then you need the baking-board,
And a rolling pin,
To roll the dough out nice and smooth,
But do not roll too thin.

Now put your pastry on your pie,
And trim it well around,
Then place it in the oven hot,
Until it is well browned.

Take it out and leave a while
The stove's warm top upon,
For this will help to make you sure
The apples are well done.

And now our pie is fit to serve;
Hot or cold suits some;
So sit around the table then,
And do not leave a crumb.

Yum, Yum, Yi,
Deep apple pie,
Nothing can surpass it quite,
So say I.

— *Donald A. Fraser.*

The teacher was relating all the authentic information recorded in the Bible about Methuselah, also various anecdotes gleaned from less reliable sources. In conclusion she said: "Now are there any further questions you would like to ask about Methuselah?" "I'd like to know," said the most interested youngster of the lot, "where all his birthday presents are buried!" — *St. Louis Times.*

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Minute Muffins

Minute Muffins

Mix and sift two cups of rice flour, three teaspoonfuls of baking powder and one teaspoonful of salt. Stir one heaping tablespoonful of MINUTE TAPIOCA SUBSTITUTE in one and a quarter cups of milk, add to this the well-beaten yolks of two eggs, one tablespoonful of corn syrup and two tablespoonfuls of melted shortening, add the flour mixture and beat well, then fold in the stiffly-beaten whites of two eggs. Pour into well-greased muffin tins. Bake about twenty minutes in moderate oven.



Minute Tapioca Substitute



Minute Muffins for Breakfast

Surprise your family tomorrow morning. Try these delicious new muffins. Made with Minute Tapioca Substitute, they save flour, and have great energy-building value.



You have used Minute Tapioca for years because your family loved the successful dishes you made with it. Now that the ships which brought tapioca from the Orient are taking foodstuffs to France, our supply of tapioca is curtailed. We can't give you Minute Tapioca, but we are proud to offer Minute Tapioca Substitute in its place. Made of tapioca, blended with native flours, it has the same delightful flavor and nutritive qualities.

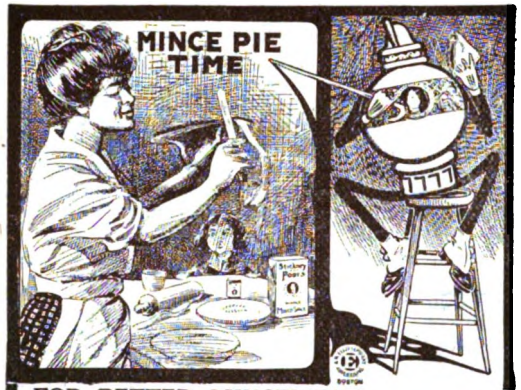
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Minute Gelatine is instantly dissolved in hot water, and is measured ready for use.

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It whips up as easily as heavy cream and retains its stiffness

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Housekeeper's size, 1½oz., .30 prepaid
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(With full directions.)

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Quite Another Proposition

One afternoon Mike was caught in a railway wreck, which fortunately was not very serious. When his friend found him he was sitting beside the track supporting his head with one hand, and holding a leg with the other. The San Francisco *Argonaut* tells the story:

"How are you feeling, Mike?" asked one of the party, stooping to help the bruised man. "Are you badly hurt?"

"Thot Oi am," answered Mike. "Oi fale as if Oi had troid to stop a foight betwane a road roller and a mule."

"Never mind, old fellow," sympathetically replied the other. "It is not as bad as it might have been, and you'll get damages, you know."

"Damages!" exclaimed Mike. "Shure, an' Oi've enough av thim. It's repairs Oi'm nadin' now."

A guest in the home of Joseph K. Greene, missionary and author of "Leavening the Levant," according to the *Continent*, observing how pleasant the host's two little girls played together, inquired of Fannie: "How is it that you and your sister never quarrel?" "Why," said Fannie, "Lizzie lets me and I let her."

Here is an old kernel in a new shell: "I shall have to ask you for a ticket for that boy, ma'am," insisted a conductor, speaking to a quiet-looking little woman. The woman declined to pay. "You'll pay for that boy, or I'll stop the train and put him off," he persisted. "All right, put him off," she said calmly. "You ought to know the rules. How old is that boy?" "I don't know. I never saw him before."

The traffic officer raised his hand and the motorist pulled up abruptly. "Just a minute," he said. "Ugh." "Could I sell you a ticket to the policeman's picnic?" There was a long pause. And then — "Well, I should say you could," chirped the motorist. "I thought I was pinched." — *Judge*.

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Pleasing Pies

Pie puts the finishing touch to the successful feast. A good Pie depends on the right flavoring for its lip-smacking excellence. Use **Slade's** flavorings with these Pies and make your guests smile with delight.

With APPLE use
Slade's Cinnamon, Slade's Nutmeg, Slade's Extract of Lemon

With MINCE use
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With SQUASH use
Slade's Ginger, Slade's Nutmeg, Slade's Cinnamon

Slade's Spices are strongest and best and explain the secret of pleasing Pies.

Ask grocers for Slade's. Send stamp for Patriotic Cook Book. D. & L. Slade Co., Boston, Mass.

Slade's Spices Flavor Best

After-School Lunch

What could be better for the after-school lunch than a cup of Chocolate Nesnah with a piece of bread and butter or cake. Try it and see if the youngsters don't vote it the "best ever".

For a luncheon dish, or as a dessert, there's nothing more nourishing or more easily made.

One ten-cent package makes a quart.

CHOCOLATE NESNAH

1 qt. milk **One 10c pkg. Chocolate Nesnah**

Heat milk lukewarm, remove from stove, add Nesnah, stirring one-half minute. Pour into individual cups and allow it to set. Place in refrigerator; serve well chilled.

Six Pure Natural Flavors

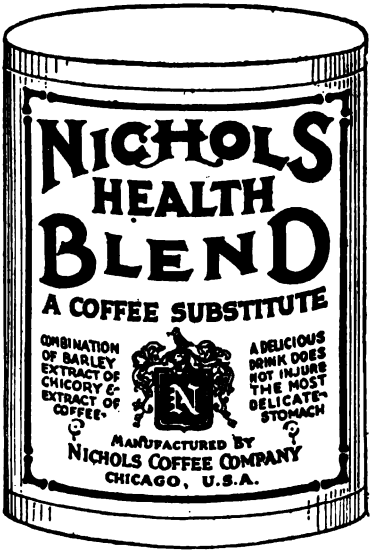
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ALMOND	LEMON	CHOCOLATE

The Junket Folks will send you a free sample and a booklet of recipes on request.

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It's Different

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If you have a case of "nerves" or are run down, if you are Sleepless, have that Tired Feeling, Brain Fag, Drowsiness, Coffee Kills Nerve Force. **Health Blend is a Refreshing, Palatable, Invigorating drink. A Combination of Cereals with fine Coffee Flavor. Try it. You will always drink it. It is cheaper than any other substitute. Send 10 Cents for sample or 50 Cents For one Pound to the Manufacturer.**

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WITH its twenty-three million homes, housekeeping is our country's biggest industry. To win the War, economy and efficiency in the home is an imperative necessity.

Your Country Is Calling You

To save food, save fuel and save all materials used in the home;

To organize your work so that you will have more time and strength for War Relief Work;

To make your home a safer, more healthful place to live in, to bring up children in;

To make your home more worth fighting for, more worth this awful sacrifice.

To meet this call fully — become a *trained expert* in your home management (or for outside service). Enlist NOW for home-service. Send for the "Profession of Home Making" to American School of Home Economics, 503 W. 69th St., Chicago.

Looking for Money

Little Willie was discovered by his mother industriously smashing all the eggs in the house. "Why, Willie," she cried, aghast, "what do you mean by breaking all those eggs?" Willie answered: "I heard papa say there was money in eggs, and I'm tryin' to find it."

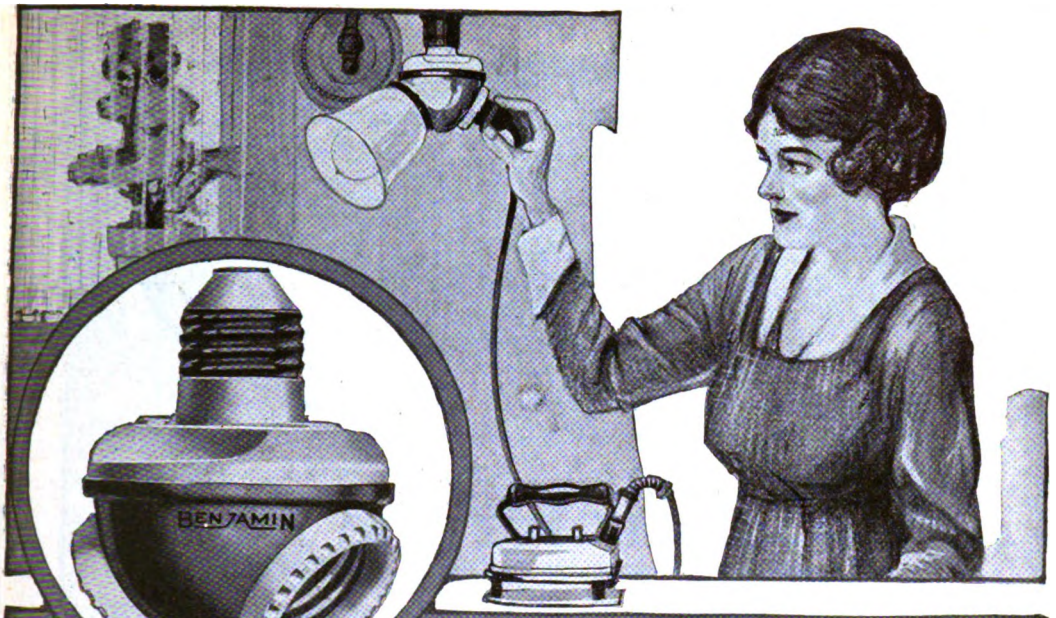
Gen. Leonard Wood tells the story of a captain to whom was assigned a new orderly, a fresh recruit. "Your work will be to clean my boots, buttons, belt, and so forth, shave me, see to my horse, which you must groom thoroughly, and clean the equipment. After that you go to your hut, help to serve the breakfast, and after breakfast lend a hand washing up. At eight o'clock you go on parade and drill till twelve o'clock" — "Excuse me, sir," broke in the recruit, "is there any one else in the army besides me?"

A certain college teacher reproved his students for coming late to class. "This is a class in English composition," he remarked with sarcasm, "not an afternoon tea." At the next meeting one girl was twenty minutes late. The professor waited until she had taken her seat. Then he remarked bitingly, "How will you have your tea, Miss Brown?" "Without the lemon, please," Miss Brown answered gently.

Teco Self-Rising Pancake and Buckwheat Flours are prepared with Malted Buttermilk; to be used without milk — just add water. The buttermilk is in the flour.

With Teco and a little cold water you have enough pancakes for the family, and Teco Pancakes are as delicious as they are nutritious, because there is MALTED BUTTERMILK mixed in the flour, — see advertisement on back cover page of this magazine. — Adv.

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Make Your Old Appliances Do New Duties

AMERICA asks everyone to save coal this winter. And metal too. Here's how you can help to save both: Use all the electric appliances you have. The electricity at your service saves the coal in your bin.

Buy no new appliances while the old will do. Leave the new for those who have none.

The

A Useful Christmas Gift

BENJAMIN TWO-WAY PLUG

At All Electrical Stores

Provides An Always-Ready Extra Socket

Day or night the Benjamin Two-Way Plug means convenience. It means quick attachment of appliances. It saves removing light bulbs, because it makes two sockets where there was but one before. And it fits the sockets in your house. There's saving of time as well as of coal.

One outlet for light and one for the appliance makes it possible to work at night or on dark days. So this Two-Way Plug provides light and heat, light and power or double the light from one single original socket. Send today for the folder that tells you more about it.

Benjamin No. 2450 Shade Holder enables you to use any shade with your Two-Way Plug.

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BENJAMIN ELECTRIC MFG. CO.

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"A Pillow for the Body"

"IT is a delicious moment, certainly, that of being well nestled in bed and feeling that you shall drop gently to sleep. A gentle failure of the perceptions creeps over you; the spirit of consciousness disengages itself once more, and with slow and hushing degrees — like a mother detaching her hand from that of a sleeping child — the mind seems to have a balmy lid closing over it. Like the eye, it is closed — the mysterious spirit has gone to take its airy rounds."

Thus in his classic treatise on sleep, Leigh Hunt describes the boon which comes to those who repose on

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— America's contribution to the restoration of weary bodies and tired minds.

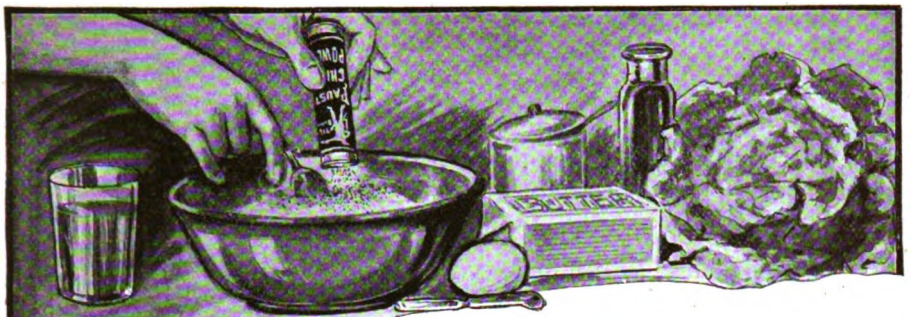
The Sealy Sanitary Tuftless Mattress is composed of a single batt of long-fibre cotton, as pure as nature yields it, interwoven and compressed by air processes peculiar to the Sealy. Its gentle response to every curve of your body removes hindrances to slumber.

An interesting booklet, some charming covering samples and the name of a dealer authorized to sell you a Sealy will be sent to you for the asking.

Sealy Mattress Company

Sugar Land, Texas

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Faust Salad Dressing

1 teaspoon of salt, 1 teaspoon Faust Chile Powder. Add 4 tablespoonfuls of olive or salad oil, stir or beat thoroughly, then add 3 tablespoonfuls of vinegar and stir or beat until thoroughly congealed.



Prize-Winning Chile Con Carne

1½ lbs. beef off round, ground not too fine; 2 large onions; 2 teaspoonfuls salt; 4 large tablespoons Blanke's Chile Powder; 1 heaping tablespoon lard; 1 pint Mexican chile beans or 1 pint red kidney beans; 1 pint hot water. Soak beans in water and boil until done; cut onions in small bits and fry in the lard; add to this the ground beef which has been sprinkled with a little flour and salt; stir until seared; then add one pint hot water, the cooked beans and Chile Powder. Stir and let cook slowly 30 minutes.



Faust Chile Spaghetti Au Gratin

Cook a half pound of spaghetti until done, put in a baking dish, put two tablespoons of bacon grease, add a pint of tomatoes, put on a tablespoonful of Chile Powder mixed well together, and salt to suit, put on top a sprinkling of grated cheese, place in oven to slowly bake. When the top is brown it will be ready to serve.



MAKE THE BEST DISHES BETTER

FAUST CHILE POWDER is a "different" seasoning. You use it instead of pepper, spices, etc. It's a combination of all of them, except salt. For salad dressings, meats, gravies, stews, soups, there's nothing quite so good. Sold by most dealers in 10c., 25c. and 50c. cans. If your dealer hasn't it, send 15c. for 1¼-oz. can and Recipe Pamphlet prepared by Henry Dietz, famous chef of the historic Faust Cafe and Bevo Mill.

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Manufacturers of the world-famous *Faust Instant Coffee & Tea.* Faust Instant Coffee is now in the service of the Government and this product will therefore be unobtainable until victory crowns our arms. Faust Instant Tea, however, is still available at 30c., from dealers or by mail.



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will enable every family to do just a little "bit" more by doing away with spoiling any food in the baking.

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A Perfect Knife for Grape Fruit



No. 10. U. S. Patent 48236

The blade of this knife is made from highly tempered, high quality, cutlery steel, curved so as to remove center and to cut cleanly and quickly around the edge, dividing the fruit in segments ready for eating. An added feature is the round end which prevents cutting the outer skin. The popularity of grapefruit is growing so rapidly that this knife for time saving and handiness is a necessity. For sale at the best dealers. If not found with your hardware dealer we would be glad to send by mail, providing dealer's name is sent, with 50 cents, which covers cost of postage.

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SEVEN-CENT MEALS $1.50 per week per person: 42 meals with recipes and directions for preparing each. 10c or FREE for names of four friends interested in Domestic Science.
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Try the "Carnation" Way of Creaming Vegetables

Vegetables, either fresh or canned can be made most delicious when creamed. The "Carnation Way" of creaming vegetables not only improves the flavor, but adds the nutritive qualities of the original whole milk. For creaming vegetables, use Carnation Milk as it comes from the can or dilute to richness desired. The creamy consistency of Carnation enhances the natural flavor of all vegetables—peas, beans, potatoes, carrots, cauliflower, asparagus, etc.

Carnation Milk is just pure, sweet, cows' milk, with part of the water evaporated. It is safe, because it is sterilized. Economical, because there is no waste. It is most convenient, because it is always ready to use—stays sweet until opened and for several days thereafter.

Carnation Milk is used for cooking and makes everything you cook with it taste better. Use it in your coffee, tea, and for making cocoa. Give it to the children to drink, after diluting with pure water as per directions on each can. When used for cooking and baking, dilute its richness as desired.

If you are not already a user of Carnation Milk *get acquainted* with this pure milk—order a few cans from your grocer. Give it a trial.

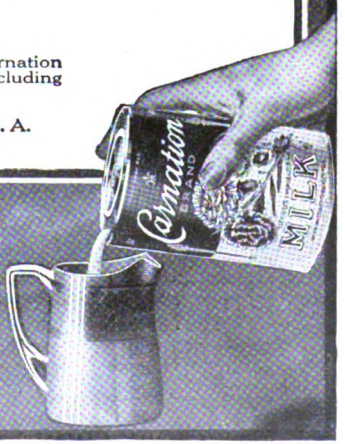
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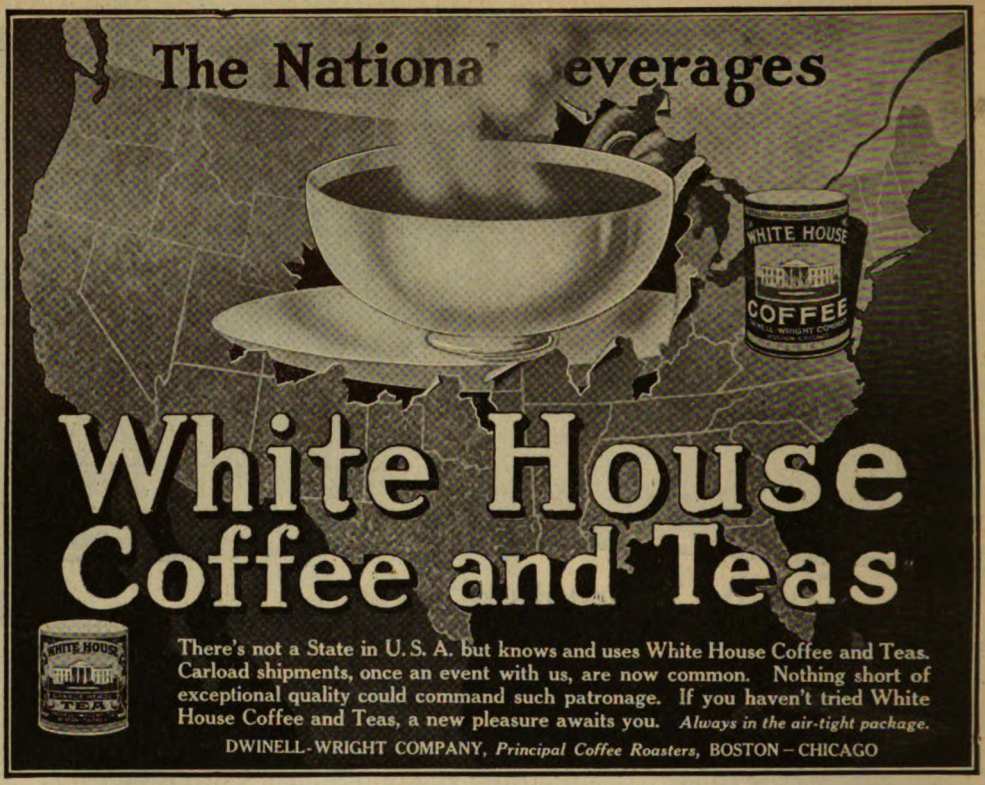
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Carnation Milk



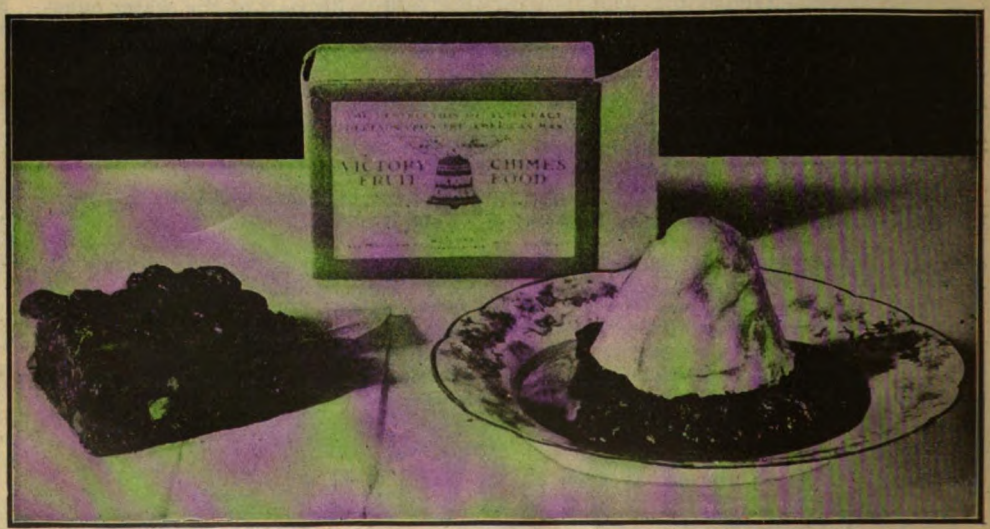
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There's not a State in U. S. A. but knows and uses White House Coffee and Teas. Carload shipments, once an event with us, are now common. Nothing short of exceptional quality could command such patronage. If you haven't tried White House Coffee and Teas, a new pleasure awaits you. *Always in the air-tight package.*

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Victory-Chimes Fruit-Food is a fruit-food prepared for the boys "over there" and "over here." The confection, which comes wrapped in waxed paper, and packed in an attractive box, resembles rich fruit cake containing nuts. It may be served cold as cake, or hot with a sauce as a pudding. It is shown above, plain; and hot, on a small serving plate, under a small cone of ice cream.

For prices, etc., address,

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Not dry—but fresh-grated and canned in its own rich coconut milk.

—the Coconut Milk in this can gives your victory foods a wonderfully rich flavor



Some of the new "war-foods" in our pretty recipe booklet are more delicious than any peace food you ever set before those hungry critics around your table. The rich coconut milk in the can of Baker's Fresh-Grated Coconut is the secret. It is just like fresh coconut—without the mussy trouble of cracking and grating, of course. To be sure, there are other kinds of prepared coconut—but they're all *dry*.

Send for your free copy of our new recipe booklet. If your grocer hasn't Baker's Canned Coconut on hand, send us his name and 15c in stamps for a full size can.

THE FRANKLIN BAKER CO., PHILA., PA.
Manufacturers also of Baker's Shredded Coconut, in cartons

Jamaican Potatoes

Just as delicious as they are novel

One can Baker's Fresh-Grated Coconut
Six medium-sized potatoes
Two tablespoons fat
One teaspoon salt
Half cup coconut milk
Quarter teaspoon cayenne

Drain milk from coconut, as shown. Bake potatoes until tender. Cut lengthwise and remove center. Mash in warm bowl, add coconut and other ingredients, and mix well. Refill potato shells heaping high with the mixture. Brown under broiler, or in hot oven. Save the milk; rich enough for baking or cooking.

BAKER'S COCONUT

Canned — in its own milk — fresh

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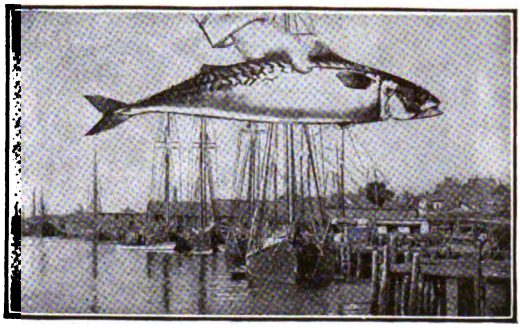
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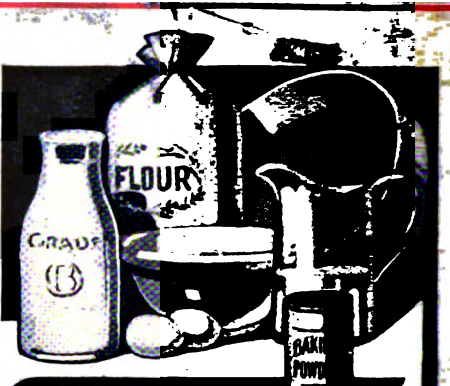
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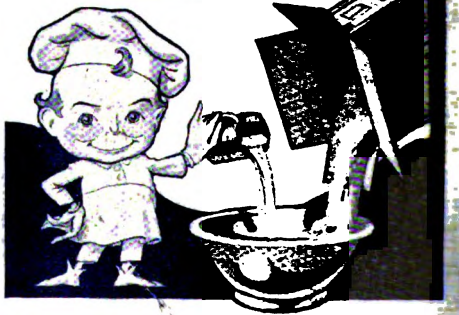
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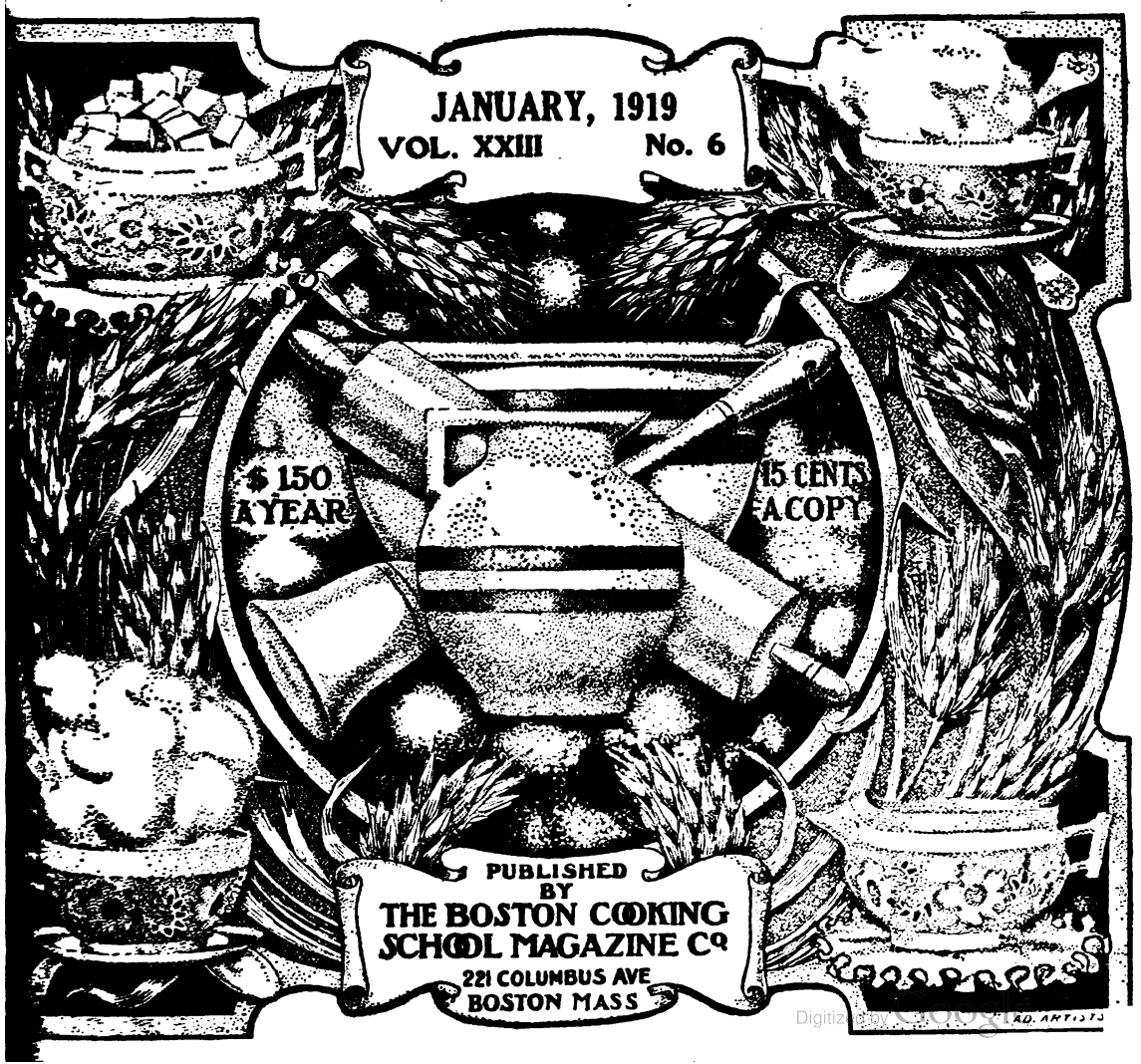
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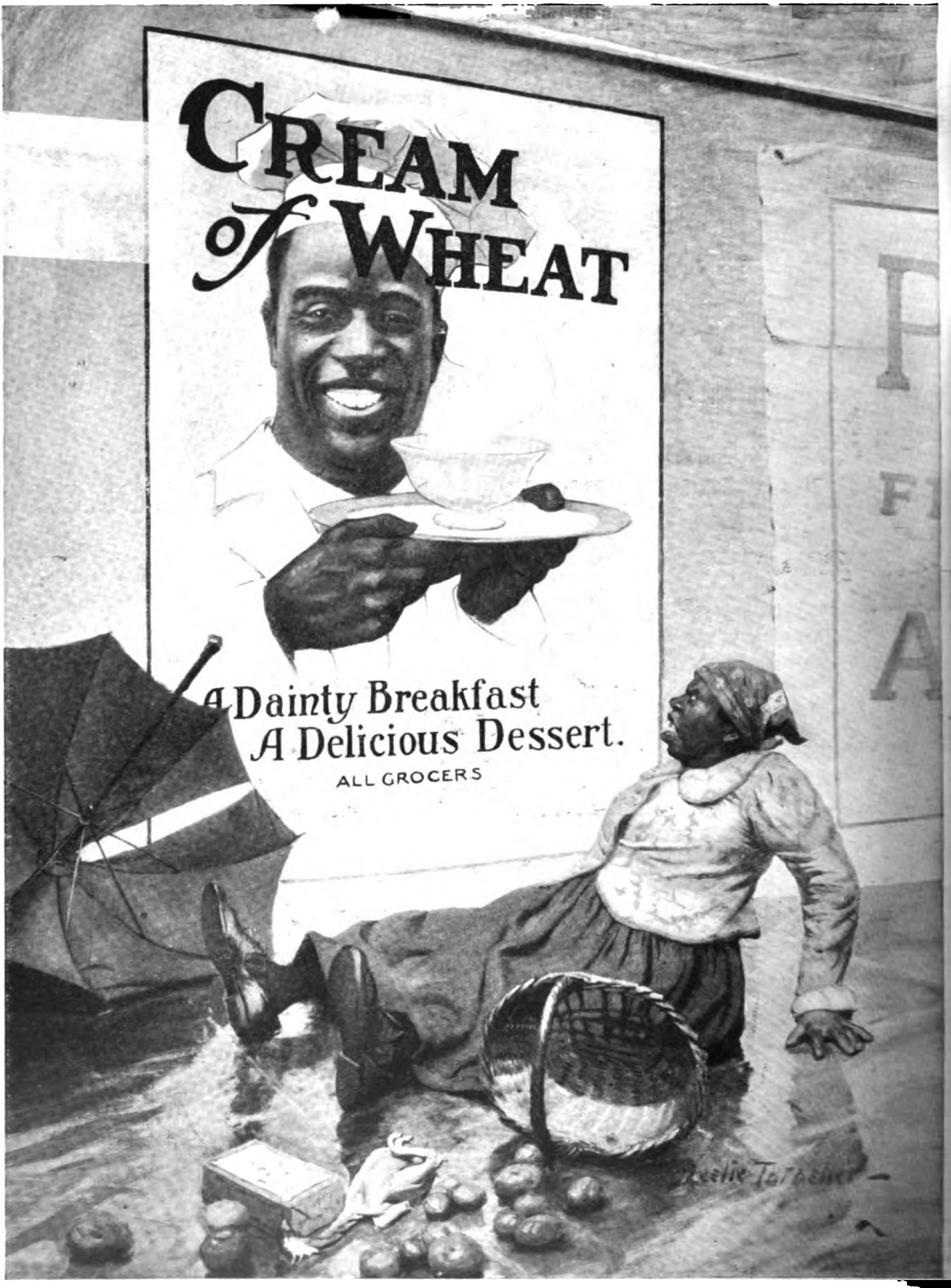
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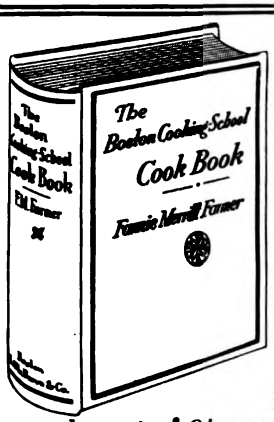
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Dishes from Home Canned Vegetables and Fruit

Not referred to in "Seasonable Recipes"

Cream Soups: String bean, green pea, asparagus, spinach, tomato

Succotash

Corn Chowder

Bechamel Style: Spinach, asparagus, Swiss chard, beet tops

Creamed, au Gratin: Kohl-rabi, summer squash, celery, corn, spinach, beet tops, chard

Scalloped: Corn, spinach, tomatoes, kohl-rabi, summer squash

Hollandaise Sauce: } Asparagus, kohl-rabi
Drawn Butter Sauce: }

Flavoring for Rice, Macaroni, etc.: Tomatoes, green peppers, celery

Timbales: Green pea, spinach, corn

Salad: Asparagus, spinach, string beans, green peas, tomato (jelly), Swiss chard, beet tops, beets

Soufflé: Spinach, beet tops, chard

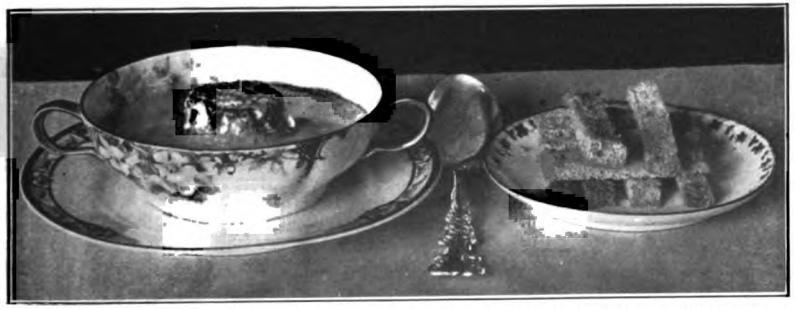
Mousse (cold) gelatine and cream: Tomatoes, asparagus, spinach

Griddle-cakes and Fritters: Corn

Pie: Squash, pumpkin, berries, apples

Ices: Any variety unsweetened fruit juice

Shortcakes: Pears, peaches, berries, asparagus



CREAM OF CORN SOUP WITH TIMBALE AND CROUTON STICKS, CHOPPED PEPPER IN BOTTOM (NOW TOP) OF TIMBALE

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FOR A SIDEBOARD, A TRAY IS ALWAYS IN GOOD TASTE

A HOME SONG

I read within a poet's book
A word that starred the page:
"Stone walls do not a prison make,
Nor iron bars a cage!"

Yes, that is true, and something more:
You'll find, where'er you roam,
That marble floors and gilded walls
Can never make a home.

But every house where Love abides,
And Friendship is a guest,
Is surely home, and home-sweet-home:
For there the heart can rest.

— *Henry Van Dyke.*

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American Cookery

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Trays of Yesterday and Today

By Mary Harrod Northend

IT is through our power to inhale the past, and the quickening touch it lays on our memories, recalling a sentiment here, or a tragedy there, that the furniture and decorative accessories of bygone days commands our interests, and oftentimes our affections. If many of the inanimate pieces, which we treasure for their age and beauty, could but speak to us, what romantic and amazing confessions would be forthcoming. This is particularly true concerning the beautiful old trays that have lately come into such favor. Fancy a large, heavily lacquered, gold-and-black one, used chiefly today for decorative purposes, telling us of a century old tête-à-tête in an English rose garden, or a highly ornamented silver tray that once held syllabus and mint juleps in an old Southern home.

Wooden trays were the earliest recorded, and generally show decorations worked out by a fine inlay in both centers and borders. Paper pulp or papier mâché were also among the earliest made. These were usually circular, oval or square, and were lacquered and then ornamented. Very few of these, however, are still in existence, as they were not considered of enough importance to be treasured.

Among the genuine antiques, the iron-and-tin trays are the most common. These were usually japanned and ornamented.

There are still, today, some particularly fine-old-Italian trays, made of different materials, which are frequently designated as waiters or salvers.

It is very easy to distinguish the Oriental lacquer, as the brilliant gold decoration was so popular. These generally came in nests of three, the largest rarely exceeding two, or two and a half feet square. Many of the best examples were made in China, and found their way to European countries through commercial exchange. These are especially popular in our country today, for during the time of commercial prosperity, we traded largely with China, and sea captains frequently purchased them, either as gifts to their families, or to sell them when reaching home.

That trays were popular in the early days is shown in the fact that the Duke Charles of Lorraine possessed one made of rock crystal with gold feet, while Marie Antoinette was very proud of a silver oval one with gilt enamel, showing one hundred and forty-four cameos, engraved heads of the sovereign princes of the house of Austria.

Early in the eighteenth century, England sent over to this country principally iron trays. About this time the industry flourished in Pontypool, England,



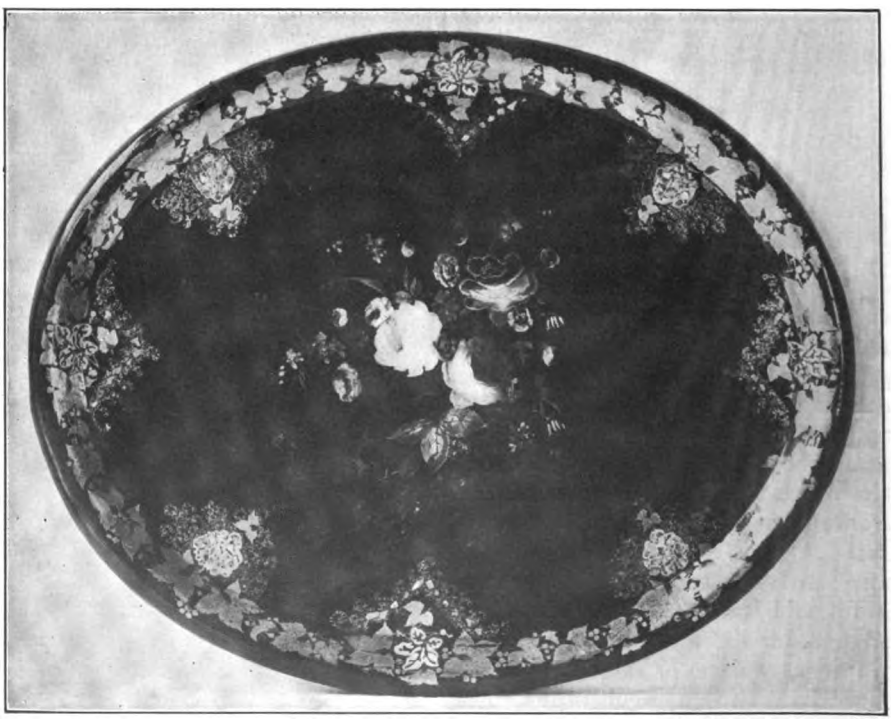
A CHINESE TRAY, NOW USED AS A TABLE TOP

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but gradually drifted to the large hardware center of Birmingham. The trays turned out of these places, however, were not decorated to any great extent, but near the close of the eighteenth century quite a number of beautiful ones, painted by amateurs, as a pastime, were sent over.

Many of these old pieces, through carelessness or hard usage, have become faded and dilapidated, but the art of re-decorating is being carried on in our country today, which gives to the old tray a new life through restoration, yet does not detract from its genuineness as an antique. For we are beginning to realize the worth of these old treasures, and are desirous of utilizing them for twentieth century afternoon-tea, or for decorative purposes.

Few of us realize that pewter trays were, at one time, very popular, coming from the Orient, and were engraved by artists there, some of them being particularly unique and interesting in design. Decoration has always played an important part in these household accessories, for even the humble bread-tray was pictured in gold and lacquer, showing landscape effects on a black background. Most of these lacquer trays, executed in the Chinese manner, generally showed a black background with insets of mother-of-pearl, which gave color to what would have otherwise been a dull scene. Charming, round silver and Sheffield ones were made, and were generally used for letters or glasses, while the oblong or oval, being larger, were very useful for tea. We find gilt and polychrome decoration worked out in a great variety of subjects in the old trays of iron or tin. There is the grape leaf, fruit, and the flower decoration, besides many others. Some of these are perfectly plain in the center, while others have a portrait panel worked out on a black background. Occasionally we



BLACK LACQUER TRAY, WITH MOTHER OF PEARL INSET

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come across a hunting scene, dating about 1810, on a gold-lacquer tin tray, showing the huntsman painted in black and red.

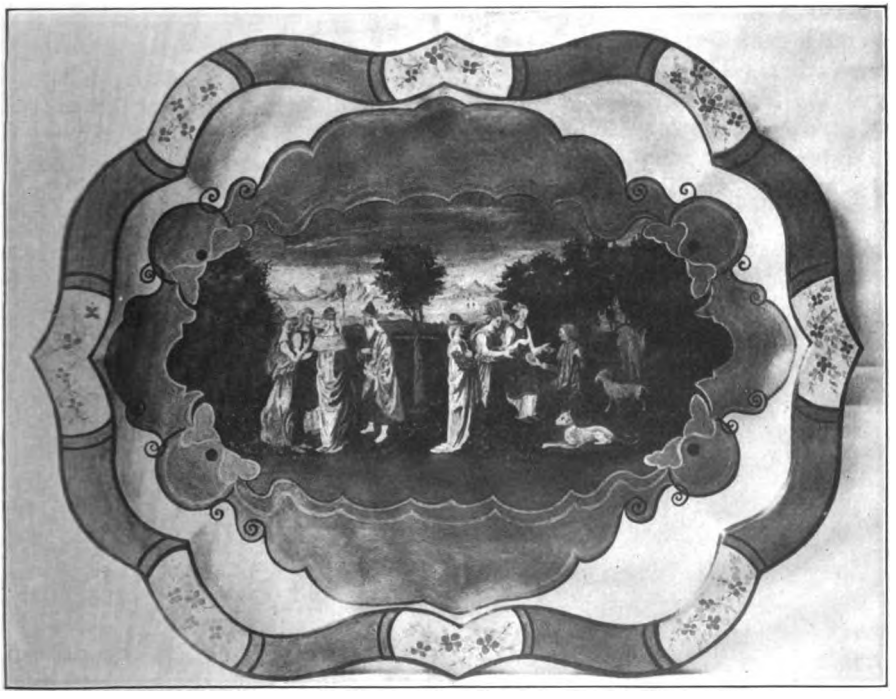
One of the most interesting is the old silver rose tray, which came into existence about 1780, and which was designed with trenches around the edge, in which to lay roses. This was not only an unusual idea, but made a wonderfully artistic centerpiece.

Today we have what is known as the tea-tray tables, made of a frame with Sheraton legs, on which the tray sets. These are particularly adaptable for porch or garden use, as the tray is detachable and can be easily carried around.

The antique Chinese trays show a type of art that is unique and peculiar to their race. They are popularly known in the United States as Oriental lacquer work, and show gold tracings on black or red grounds. These are being reproduced by the Japanese, who have been able to work out creditable productions by secret processes.

Strange as it may seem, Oriental lacquer is not a made-up mystery, but a dense and heavy gum with an unusual and queer odor. The gum itself is not used in its crude state, but is strained through thin muslin to separate particles, which prevent it from settling. But the cautious and reticent lacquer-worker has kept his craft in the hands of a handful of men, and carefully guards his work shop from intruders, which makes the mystery itself generally felt.

If you wish to refinish your old tray, yourself, in the English manner, it is not a difficult matter to do it, provided you have some artistic talent. First, the old paint or varnish must be scraped thoroughly from the surface, which is then coated with lacquer diluted by turpentine, in order to make it workable, the desired color having previously been worked into the gum. This is known as "intervention," and each coat must be dried separately, and when hard, rubbed down with a stump of charcoal, until a



MODERN PAINTING ON OLD TIN TRAY

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PAINTED TIN TRAY, BIRD AND FLOWER DESIGN

perfection of surface is obtained. It should dry from twenty to forty-eight hours, according to the degree of body or surface quality desired. Round brushes do not lay the lacquer evenly, and flat brushes, two or three inches wide, should be used, the gum being drawn lightly over the surface with the flat of the brush drawn cheekwise against the face of the work. There should be a temperature of 60 degrees to keep this mixture in a workable condition, and strange as it may seem, it dries better in damp weather. The finish being satisfactory, the design is then drawn in lightly upon the surface, and painted with the pigments desired. The decorative background usually harmonizes to red, black and gold, although sometimes creamy grays are unusual. After the surface is finished and thoroughly dry, the color must be laid by layer, and built up slowly to produce the right effect. This is naturally a laborious process, as each coat must be rubbed down before another is applied. When the pattern is finished, you should brush an upper layer over it, and in order to harden properly should add a little camphor in with the gum. If you follow these directions carefully, it is not a difficult process.

When we consider that Chippendale and Shearer, two of our prominent cabinet makers, considered trays of enough importance to design them, we realize that even in the olden times they formed a desirable acquisition to the home. They were designed principally of mahogany, with either a plain edge or scalloped, and often showed inlays as ornamentation.



A TRAY USED AS A TABLE TOP

These are particularly adaptable for porch or garden use, as the tray is detachable and can be easily carried around



A RUSSIAN TRAY, RED IN CENTER, BLACK FRAME WITH GILT DECORATION

These old trays, now so popular, have, like the coming back of Colonial architecture, proved that, at the present day, nothing has been designed to supersede them in artistic value.

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Kin

By Elsie Spicer Eells

CYNTHIA HENDERSON dropped her sunny head upon the big mahogany desk under the portrait of great-great-grandmother Cynthia Wheatley. She was not a crying woman. She clenched her small hands tightly for a moment, rose abruptly, and threw back her slender shoulders with the same gesture which David Junior sometimes used on the bootball field. It was eleven o'clock of the evening of the December day when Professor David Henderson left the chair of modern languages at the College on the Hill for the path which led to a listening post on the front line "somewhere in France," and to a war cross.

Professor Van Slyke and his motherly little wife, from the big brown house next to the Henderson's white Colonial one, had spent the evening with Cynthia, and David Junior had stayed up for an extra half hour. There had been cider and toasted muffins and some of the crabapple jelly, flavored with the mint, which had grown beside the spring at Wheatley Farm. David and Cynthia had gathered it the summer before.

Cynthia pushed the tea-wagon into the kitchen, washed the soiled china and silver and glassware in the white enameled sink, put the left-over muffins back into the bread box and placed the jar of jelly in the cupboard. There was a lump in her throat. David was so enthusiastic about crabapple jelly flavored with mint. There had been no maids for professors' wives on College Hill in jelly-making time. David, himself, had poured the melted parrafine over the glasses, neatly pasted on the labels, which he had printed with his typewriter, and tied paper over the glasses which had no covers.

"If he weren't such a dear, home-lover of a man I'd miss him less," whispered Cynthia to the row of jelly tumblers.

She once more looked to the fastenings of the kitchen door, wheeled the tea-wagon back to its place in the dining-room, and closed and locked the window which had been open when Professor Van Slyke had smoked. She was glad that there was still a bit of smoky smell clinging to the blue window hangings. There always was after David's evening pipe. It was snowing outside yet, just the same gentle snowfall which had so soon covered David's footprints on the brick walk when he had left. When she and David Junior had returned from the station she had noticed that they were entirely obliterated.

On the morrow Cynthia Henderson was to take her husband's place in the class room at the College on the Hill. Dear, old Professor Van Slyke had said some flattering things, when he had once more congratulated her upon her ability to carry on David's classes in his absence. He had said that she was the only one of the faculty wives on College Hill who was well fitted to do such a thing. David had always been so proud of her linguistic ability on their summer trips to Europe.

"I must get to bed at once and try to sleep. There is so much ahead of me tomorrow," she said half aloud.

For a moment she almost wished that she had allowed fourteen-year-old David Junior to stay up as late as the grown-ups, just as he had asked to do. She had said that one extra half-hour was quite enough for a boy who had to grow up into being man of the house. She dreaded to extinquish the yellow-shaded lights in the pleasant, book-lined living room, and go alone up the stairway to the big front bedroom, which was now all her own. When she had come back from the station she had found a pair of soiled socks of David's on the floor where he had dropped them. She had patted them lovingly, as she put them into the laundry basket, and tears

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had come into her eyes as she recalled the many times she had expressed the wish that David's mother had brought him up to be less careless in throwing his wardrobe about the room. Now the room would be empty of the litter of David's belongings.

"If little Elizabeth had lived, I should have moved her bed into my room," she said to the portrait of great-great-grandmother, Cynthia Wheatley. Eight-year old Elizabeth had died only the winter before.

The portrait of the calm, gray-eyed, great-great-grandmother had a most companiable quality about it. That Cynthia had known, too, what it means to send one's man to the war. Cynthia Henderson took a faded brown leather wallet from a drawer in the big mahogany desk. It was the very wallet which Captain Abel Wheatley had tossed to his wife, when he had jumped upon the back of the farm horse and rushed to the battle of Lexington. Three hours later the faithful horse had borne home again the bleeding body of its master. Great-great-grandmother Cynthia had hastily tumbled the baby in her arms into its cradle, and tried in vain to stop the flow of blood from the wounds of Captain Abel.

There was a bar for Captain Abel Wheatley on Cynthia's D. A. R. pin. Every summer at Wheatley Farm she took David Junior to visit his grave. David always went with his arms full of flowers for the moss-covered grave, but the flowers in Cynthia's hands were for great-great-grandmother Cynthia. She had always felt the deepest admiration for the brave woman whose name she bore. Cynthia Wheatley had gone on tilling the farm in the fertile valley, and bringing up her sons and daughters to a place of honor and esteem in the community. Two of her sons had grown old enough to go to war before it was over.

"How did you ever have the courage and the strength to do it all?" Cynthia had often asked the portrait. Now she was beginning to understand how women have strength and courage to meet life as it comes to them. Tonight, as never before, she felt the kinship of great-great-grandmother Constance Wheatley. "Every day David Junior is more and more of a man," she quoted smilingly from Professor Van Slyke. She had worried about bringing David up without his father's guiding hand. Great-great-grandmother Cynthia had brought up her sons to be splendid men.

Cynthia did not put the old wallet back into the drawer. "I'll carry it in my pocket to give me strength to go up to the college tomorrow," she said. She sat down in the wing-backed chair and laid the faded leather lovingly against her cheek. "Perhaps if I put it in my pocket now, it will give me strength to go upstairs alone."

Suddenly the ancient bronze knocker sounded on the front door. No one ever used the knocker. Cynthia had brought it from the old house at Wheatley Farm. There was an electric button beside the door. Cynthia let the leather wallet fall to the drop-leaf table at her side. She glanced at the grandfather's clock in the hall. It was exactly twelve o'clock. A whole hour had passed since the Van Slykes had left.

For a moment she hesitated to answer the summons. Again the old knocker sounded its imperative call. With a swift step she crossed the hall and opened the door. It had stopped snowing.

The old lantern from the farm house had been fitted up with electricity, and its soft light fell upon the snow-covered brick walk, which led to the trellised archway entrance. For a moment Cynthia's eyes were blinded by the sudden change from the lighted living-room to the midnight darkness outside the door. At least, she did not see at all the woman who stood on the doorstep. Slowly she visualized the tall erect figure.

The Cynthia Henderson, who came to the white Colonial house on College Hill as a bride, would have noticed the wo-

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man's old-fashioned garments at once, but fifteen years had passed since that day. This Cynthia Henderson looked straight into the woman's eyes, and having once gazed into those wonderful eyes, she forgot all else. For a moment they stood in silence looking at each other.

It was the visitor who spoke first. "Your eyes are gray like mine, and your hair, too, is full of golden lights. We women who are kin must stand together in war times."

Cynthia was not at all surprised that these should be her words. As she thought about it afterward she wondered why she had not been. Suddenly she remembered her position as hostess.

"Won't you come inside. Forgive me for keeping you standing there in the cold. Let me make you a cup of tea. Some friends have been spending the evening with me, and we had toasted muffins and crabapple jelly flavored with mint. There is some left."

"Did you say crabapple jelly flavored with mint?" asked the visitor. "I cannot linger for a cup of tea, thank you, but I should like to sample your jelly, I must admit. I have made it with a mint flavor, too. Have you ever flavored any with the leaves of the rose geranium?"

Cynthia nodded. "Yes, I tried it this year for the first time. You must try my geranium flavored jelly, too. That is my favorite, but David likes the mint-flavored best. As for David Junior, he has no particular choice as long as there is plenty of it. What would I ever do, if I had six little boys to make jelly for like my great-great-grandmother?" I asked him, when I was stemming the crabapples. 'When you make jelly, play that you have six boys,' is what he said."

The visitor smiled as she seated herself in the Windsor chair. Cynthia thought afterward how the chair had stood in the shadow.

"Boys are all alike," said the low, gentle voice. She added, after a moment's reverie, "How well I remember the first year I flavored my crabapple jelly with mint and geranium leaves. There was no other fruit that year besides the crabapples. The crabapple trees were loaded, and I did not want all my jelly to be just alike."

"That is the way with me this year," laughed Cynthia. "The peaches and grapes and quinces were so scarce and so terribly expensive. There was nothing in plenty except the crabapples. When I made my jelly, I did not know that the Board of Trustees would let me take David's place when he was gone. Now that David Junior is fourteen he is a bit more expensive than he used to be when he was smaller and in grammar school. These days there are so many ways for one's money to fly, — Red Cross, the Y. M. C. A. work, the National League for Woman's Service. I was so glad to get such a variety of jelly out of my crabapples."

The visitor's gaze lingered lovingly upon Cynthia's slender, serge-clad back, as she left the room in search of the jelly. "How young the mothers of fourteen-year-old sons look these days," she said.

It was a Lowestoft plate and a rat-tailed silver spoon with which Cynthia served the jelly. Her guest took the spoon and plate lovingly in her thin, blue-veined hands. "I am so glad this spoon was found," she said.

Cynthia wondered afterward why she was not surprised that the visitor should know about the spoon having been lost for so many years. "Yes," Cynthia said, "I'm glad too, not only for the spoon, but also for the joy it gave Junior. You see he was digging a trench back of the house at Wheatley Farm, where the old kitchen must have stood. He was the proudest boy when he dug up a spoon. I polished it, and when I found the initials C. W. upon it, I could hardly believe the good luck. We have some Colonial silver from David's side of the house, but I never had a single spoon from the Wheatley side. David Junior,

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and his father too, dug for days and days to see if they might not find some more buried silver."

"I love to hold it in my hands," said the guest, as she handed back the plate and spoon to Cynthia. "Your jelly tastes just as mine used to. I always hated a jelly that was too sweet." She picked up the old leather wallet from the table, where Cynthia had dropped it at the sound of the bronze knocker on the front door. "May I hold this in my hands, too, for a moment?" She laid the faded leather lovingly against her cheek with the same gesture which Cynthia had used a moment before.

Then the gentle voice went on after a brief pause. "What I came to tell you tonight, dear child, is this, 'The side which is going to win the war is the side which can keep smiling the longest.' The Germans are very good smilers, but they cannot and must not be better ones than the best blood of America." She straightened herself proudly, in the shadow.

"I well know what good smilers the German women are," said Cynthia. "I remember the tramps David and I used to take in the Thuringian forests those happy days before the war. I often talked with the old women wood-gatherers. Their heavy burdens upon their backs nearly broke my heart, but the women, themselves, were always happy and smiling. I spoke about it to a professor's wife in Jena, who was my friend. 'We German women can always bear the burdens we have to bear,' she said, 'and we can do it with a smiling face.' I've often thought of that remark since the war began. I have no delusions about the women I have to compete with in smiling, any more than David has about the sort of men he has to fight against and outwit."

"No woman can bear the things she has to bear with a braver smile than the American woman." The gentle voice rang out proudly. "These are not the first days when the women of America have smiled when their hearts were breaking,—have gone on smiling,—in order that Liberty might be born and nurtured and reared in the world."

Cynthia felt a breath of cold December air as the visitor opened the door and passed out. "How rude of me not to go to the door with her," she cried, as she sprang up from the cozy depths of the wing-backed chair in dismay. The old leather wallet was lying on the table, where the gentle-voiced guest had dropped it as she left.

The next morning David Junior was awake ahead of his mother. He tended the furnace and cleaned the walks before breakfast. He came in with sparkling eyes and glowing cheeks, with a big bear hug for Cynthia and a big bear appetite for the breakfast.

"What do you suppose, mother?" he cried. "The snow covered Professor Van Slyke's tracks all up, but Mrs. Van Slyke's tracks show as plain as anything on the walk this morning. Isn't that queer?"

Cynthia was serving the oatmeal, which had cooked all night in the fireless cooker. She passed the cupboard where she kept the jelly. The mint-flavored jelly, which she had put back into the cupboard after the Van Slykes had left, was entirely gone. There had also been some taken out of the dish of geranium-flavored jelly which stood beside it.

She thought the matter over after David Junior had left for High School, and she was putting on her own hat in front of the mirror, preparatory to going up to the college to take David's place in the class room.

"My visit from great-great-grandmother Cynthia Wheatley may have been a dream," she remarked to herself. "Junior may have eaten the jelly. I never thought to ask him. However, that does not explain the tracks in the snow."

You may think as you like about the matter. Cynthia Henderson, as she walked briskly up College Hill in the

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clear, cold morning air, liked to think that great-great-grandmother Cynthia Wheatley had come, that first night of David's absence, to help her twentieth-century kinswoman to keep smiling. In the days that followed there were many who commented upon the sweetness of Cynthia Henderson's smile.

Audrey's Back Trail

By Ladd Plumley

THERE are many girls who are not fitted for business life, and Audrey Fenton was of that kind. After her father's death, and her mother had been dead for years, Audrey obtained a position as a typist in New York, but a new manager speeded up the force and she was replaced by a quicker girl. There followed other clerkships, but always there were mistakes or quicker typists, and when a jobless period set in, Audrey came to a desperate decision.

"You can sign and give your references," said a woman in an agency on Sixth Avenue.

"I can give no references. This would be my first position as a servant."

"I thought so," said the woman. "We'll put you down as 'Jane Smith.' Under the circumstances I will vouch for you. Can you cook?"

Audrey hesitated.

"Could you roast a leg of lamb and bake potatoes?"

"Surely."

"Pastry is generally bought, so is bread. Ice cream comes from the confectioner's. Washing is sent out. If you have a room, we'll say you prefer that arrangement."

"What pay can I expect?"

"You should ask twelve dollars a week. If you lived at your place of employment, the wages would be thirty a month."

Presently, as Audrey waited, the agent brought a lady to her. The woman had a way of puckering her brows, as if she were always solving a puzzle. After a short talk, she exclaimed, "Thank goodness, it's settled! You're to come at seven."

The wages proved satisfactory. Of the twelve Audrey paid four for her room and carfare was seventy cents. This left some seven for clothing and incidentals. Her mistress was indulgent. If there were three simple meals a day, and the little apartment was kept neat, it was all she expected. Audrey did the marketing, attended to the details of the household, and she found herself better off, as to pocket, and far more happy than she had been in the business positions she had held, where she was expected to have, what she never pretended to have, a head for figures. But always back in her mind was the thought of her assumed name and the loss of caste.

"You're Mrs. Atherton's maid," said a grocer's clerk, one day. "Hope you find it a nice place?"

After that she noticed, and with a feeling of annoyance, that no matter how many customers were waiting, Mr. Heald took her orders. And on a rainy day, when she happened to be the only customer, he asked, "Miss Smith, I wonder if you wouldn't allow me to call on you?"

Audrey was troubled,—indeed, she was more than troubled, she was angry. She explained that she did not live at Mrs. Atherton's.

"But your rooming place?" he asked.

"There are reasons," she replied. What she had in mind was that a blue apron was not the garment she wished to clothe those who enjoyed a calling intimacy.

"Forget it!" replied Heald. "I had

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a notion you were different."

When out in the street Audrey knew that she was blushing. No girl could have failed to see what the clerk's eyes had shown. But although she was a servant, she could not forget that her father had been a lawyer, and that there were New England traditions in her family. She would have liked to trade at another store, but her mistress wished to deal there, and, anyhow, she was inclined to defy the clerk. But for some time she sent her list by the grocer's boy.

One night Audrey happened to go to a movie on Eighty-Sixth Street. She was late and no seats were vacant. She waited for the end of a film, but she would have failed to get a seat had not one been kept for her by a young man whom she recognized as the grocer's clerk.

"Drop, Miss Smith," he urged. "You've got to grab a movie seat by its forelock."

During the next hour Audrey could not help wishing all her movies were like this. As Mr. Heald followed her to the street he said, "This is too pleasant to cut short. Don't you want something to eat? Around on the Avenue there are real Cape Cods, and a rarebit that is the different kind."

There was really no reason why she should not accept her companion's invitation, and presently she found herself in a crowded room. Mr. Heald led her to a seat in the corner, and the waiter took the order. Then came a doubtful surprise. In the stout and purplish-faced man, who left at another table an equally stout and purplish-faced lady, attired in celestial blue, and dangling from her person black jet in pounds.

Audrey recognized the proprietor of the grocery store. He slapped Heald across the back.

"So, Miss Smith!" he cried. "Jim knows where to dig out a pretty one!"

Audrey did not like that, although she knew that the heavy voice had boomed out an attempt at a compliment. "I'll bring over ma!" he shouted. "She'll want to meet you. Jim doesn't often squat opposite a skirt. When he does there's sure something doing."

This was a little too much, and when the madam of azure came over, Audrey attempted to be dignified, but it was a failure. Of a sudden she felt that in the democratic atmosphere of the East Side restaurant, the pretence of "Miss Smith" was a silly thing. And before she had said a dozen words, Audrey knew that under the eye-grabbing garment, the grocer's wife hid, and not successfully, a heart of gold.

After the visitors returned to their table, Heald told Audrey something of the couple.

"She was a clerk in a candy store and he's got a sweet tooth. That's when he started in business. It's a regulation East Side romance. A comfortable house on a cross street — he paid thirty thousand for it — three kids, fatter than the parents, and solid prosperity. They don't care a hang if I'm a clerk and you're a maid. If you're the right sort — and they've got keen eyes — they wouldn't mind if you were a scavenger."

Audrey laughed, but uneasily, for her alias worried her. "But you wouldn't want to be a butler," she said.

"No, I wouldn't. The reason is that, so far as I know the job doesn't promise advancement. A clerk can look forward to owning a store. The apron of my boss covers a successful man."

"Money isn't everything."

"A worn-out saw. Folks must have it. As long as you get it for honest service, I can't see it matters. So I'm a grocery clerk, and thankful I'm opposite you. I'd put it a heap stronger, but my attempts of that sort have been swatted as if with a brick."

Audrey turned her eyes away from his earnest gaze.

"That I find," continued the clear voice, "is the greatest disadvantage of a blue apron. I'm a clerk. I meet a not unattractive girl, and understand she works for her living. Everybody ought

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to. Is there any reason why I should act differently than if I'd met her at the opera? Bosh! Sometime I'll tell you about myself. But I could never understand that the ability on the part of a bride to cook and take care of her house is a thing to be praised, but if circumstances compel exactly the same thing for wages, she is supposed to descend in the social scale. That's a puzzle. Men don't look at things that way. Professional proficiency in cooking, and all household duties ought to be looked upon as men look at proficiency in other lines. Goodness knows, household duties and cookery are important enough!" he continued. "But what's also important is that you've given me the jolliest evening ever. I'd be a brute to keep you longer — you have to be early at your work and so do I. But, Miss Smith, please come yourself to the store. If nothing else will do, I'll hide behind a flour barrel and let a happier fellow wait on you."

Heald did not keep his promise, and on Audrey's next marketing day he eluded a customer to take her order. Even with a barrel of herring on one side, and a barrel of pickles on the other, the ancient target-maker of bow and arrow managed to get in a shot between orders of coffee and eggs.

"You silly!" exclaimed Audrey, as she hastened from the store. "You never supposed that you would allow a grocer's clerk to compare your cheeks to cranberries. And, actually, he had the audacity to invite me to a ball given by the 'Allied Grocery Clerks!' You said you'd think it over, but you know you'll accept. That gown Mrs. Atherton gave you is a dream. Miss Audrey Fenton getting fussed up over wearing her mistress's gown at a grocer's ball! He'll send her a bouquet of carrots, and she'll ride to the ball in a grocery wagon."

But when the evening came, a florist's car chugged to the entrance, and a boy in uniform delivered a great box of roses.

The ball was held in a hall on the corner of Third Avenue, with the rattle of the elevated trains mixing itself with the music. The men were as varied as everything in the life on Third Avenue. Audrey was introduced and danced with a man who spoke broken English, and another by whose coal-black mustache she recognized a meat store clerk. But she enjoyed a glorious evening, with plenty of attention. By Mr. Heald's request they sat out the next to the last dance.

He led her to a little room that adjoined the hall and placed her in a corner which was shielded by some palms. "Miss Smith," he promptly began, "you must have noticed that from the first ady — well, you couldn't help noticing."

Audrey had no inclination to help him. After a moment he continued, "But before I stammer my piece, I want to tell you about myself."

"I should like to hear."

"Where shall I begin? Perhaps it's unimportant to go back of the war."

"I suspected it was like that," Audrey managed to say.

"Father sent me to his college. Country minister up in Massachusetts. Wanted me to study law — but there wasn't money for a law school. I enlisted and went to France. Got some notions over there, but when I came back tried to pick up things where I left off, but that didn't work, so I got down to brass tacks."

Audrey understood about the apron and honored him for it.

"That's something the way it was with me," she said.

"It's going to be more and more the way with lots," he said. "I grabbed the first real job that offered, and Donovan put me to opening boxes. To my surprise the pay was good. To swing to a finish, I've mastered an art — the art of suiting customers. My wages have steadily increased. I'm doing the buying for the house, and Donovan has turned over the books to me. In a small way I'm to become his partner. I've a decent income. I love you. I've loved you ever since you first came into the store."

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"Wait!" exclaimed Audrey. "I ought to have confessed before. My name isn't Smith. I couldn't use my own name. But I'm ashamed, I've been sailing under false colors."

"Bosh!" he growled. "Any girl would do the same. Doesn't matter if you love me."

Fifteen minutes later, Donovan, who with his wife had been shaking the floor in a two step, smote "Jim" with a mighty hand across the shoulders. "I've caught on. When you and she came from behind the rubbers I got the hunch. Ma'll be as tickled as can be. She's cracked on weddin' bells. Last night she poked me in the cross ribs. 'Say Pa,' she said, 'if Jim Heald falls tomorrow night for dear little brown-eyes, get him to have the send-off right home here. The new decorations in the parlor is elegant. When I got the painter to daub them cupids over the chanticlear, I had a hunch something was doin' before long.'"

The Passing of the Year

The winter's cold, the springtide's re-creations,
The summer's heat, the autumn's harvest days,
Have come and gone with sorrows and elations,
Along the year's highways!

And thou exemplify, O passing year,
How life glides by with never slowing pace,
Each day an opportunity sincere,
To win or lose life's race!

As dons the New Year thy stern obligations —
Our hearts breathe forth this consecrated prayer —
"Imbue us, Lord, with reverent aspirations,
In meeting life's each care."

— *Caroline Louise Sumner.*

The Prudent Housewife and Her Linen

By Emma Gary Wallace

THOSE who have had occasion to buy linens within the last few months have undoubtedly discovered the marked influence of the war, not only upon price, but quality. The prices have risen, and the quality is much inferior to that of former days.

We do not need to go into the reasons for this, for it is self-evident that the destruction of the flax fields, the shattering and carrying away of the linen spindles and looms, the diversion of labor to war-time purposes, and the interruption of transportation, have all affected the linen situation seriously. Besides this, the government uses for linen have increased so that even the giving of samples is restricted to conserve the supply, and war taxes are a factor not to be forgotten.

Fortunate, indeed, is the housekeeper who has a reserve supply of linen sufficient to tide her over for some years to come, for there are those closely in touch with the situation who are of the firm opinion that the linen market cannot expect to be rehabilitated short of a decade, at least! This may be an extreme view, but, at the very best, it is bound to be a long time.

All of this shows how important it is

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to conserve the linen on hand in every possible way, unless we are going to be content, in the near future, to be driven altogether to the use of cotton fabrics, and that, too, at prices higher than linens once sold for.

It is possible, even yet, to find some patterns of heavy, double damask, which have been in stock for a good while, and it is better policy to purchase such than the newer goods, even although the design may not be the latest, for the quality of the older linens is superior to those being put upon the market now. If the housekeeper finds her linen supply is running low, she will do well to purchase some of this old stock, if she can find it, even at a somewhat advanced price, for linens show every indication of being much higher, and that, too, for a long time, before they are cheaper.

Not long since a bride wished to purchase some table linen, and was fortunate enough to find a pattern cloth of beautiful, fine, heavy quality. She asked if there were napkins in stock to go with it. These were produced. There was no denying that the decoration was the same, but the napkins, which were of recent manufacture, were thin and sleazy in comparison with the cloth, which had been on hand for about three years.

It will pay to search about among the stock of stores likely to have some of the older goods on hand, if linens are to be purchased now.

Intelligent Care

The writer has in her linen closet a cloth, the flax of which was woven and spun by a great-grandmother. In the center are her initials woven into the pattern in the making. The fabric is still firm, strong, and glossy, simply because it has received intelligent care during the years of more than a century since it was made.

Linen in everyday use should not be kept on the table until it becomes distinctly soiled, for then hard rubbing is necessary and strong soaps, and even chemicals are likely to be used to restore it to pristine freshness.

As soon as the linen is removed from the table, it should be examined for stains. These are likely to be of three classes, — tea, coffee and cocoa; fruit; and medicine. It frequently happens that the doctor directs a medicine to be taken before or after meals, and in order that this be not forgotten, the medicine is poured at the table. In fact, in one home a small, handsome, covered cracker-jar is kept so that any bottle of medicine, which would otherwise stand on the table, may be placed in this out of sight. Where the table is stripped after each meal, the temptation to give medicine bottles a place is less strong, but many housewives, who are not able to get their usual quota of help, are conserving by eliminating effort wherever possible.

Tea stains are best removed immediately by rinsing in cold water. If it is not practical to do this, a cloth can be wrung out of cold water and laid over the stain to keep it from drying, and later the cold water process gone through with. A dried tea or coffee stain can best be removed by pouring boiling water through the linen, stretching the stain over a bowl, and pouring the water from the height of a foot or two.

If such stains have been boiled in and "set," they are more difficult, and must then be treated chemically by dissolving about a quarter of a teaspoonful of oxalic acid crystals in half a cup of hot water. Soak the stains in this and watch when they disappear, that the fabric may be removed and thoroughly washed with soap and water before it is injured.

Cocoa stains can be treated with cold water, or with tepid water and soap. Rust marks will usually yield to lemon juice, salt and sunshine. If this fails to work after several applications, get a small bottle of syrup of phosphoric acid. Stretch the stain over a plate. Apply the syrup. Watch and as soon as the marks disappear, rinse out in clear water at once.

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Fresh fruit stains will yield to boiling water; older ones to a treatment with a weak oxalic acid solution; and stubborn fruit, medicine and rust marks, to a Javelle water solution. This latter is best obtained ready made at a drug store, although the rule printed on the outside of a can of commercial chloride of lime may be followed with fair success. Make the solution by taking one tablespoonful of Javelle water to four of hot water. Soak the spot and examine from time to time. When the stain disappears, wash at once in clear water, to which a tablespoonful of vinegar has been added. This will neutralize the alkali, so that it will not weaken the fabric.

Linen which shows a yellowed cast may be whitened by soaking in a porcelain bowl in sour buttermilk. After this, wash in soap and water and scald in a solution of borax, — a tablespoonful to a gallon.

Grease spots, such as melted candle wax, on table linen, are not difficult to remove. Scrape away the superfluous wax or grease, and wash in soap and water, to each quart of which a tablespoonful of turpentine has been added. If the candle grease happens to be colored, the coloring matter may leave a faint trace of stain. This can usually be removed by an application of benzine or alcohol.

Linen should be dried in the open air and, if possible, the sunshine. Never let it whip in the wind, as it will cause weak places to break and the hems to fray. To iron linen properly, it should be well sprinkled over-night, that the threads may all become equally moistened or, as an expert laundress would say, "mellowed." A moderately hot iron should be used, and the surface pressed until dry.

Cloths in constant use should be folded differently, from time to time, as pressing and wear tends to make worn places in the seams. A little thought will show how such creases may be planned to come at different transverse lines. If the cloth begins to break because of having been folded in the same creases throughout its use, cut off a short length from one end and re-hem. This will bring the crosswise creases in different places, and the lengthwise one can be done away with by a different method of folding.

If the length of the linen will permit, cut off enough so that the portion removed may be used for something. It will be handy for purposes of mending, — either to set pieces under, or to ravel, that the threads may be used for darning, to make napkins for the children or lunch-basket use, or even for tray or service cloths.

Before linen is laundered it should be examined *every time* by holding it up to the light, that thin places may be discovered. A neat darn is scarcely noticeable, when a cloth is nicely ironed, although a patch is objectionable, unless very neatly done.

If garments, and especially table linen, come back from the wash with mysterious little snags in them, the chances are that the laundress is using a broken zinc washboard, or that the interior of her washing machine has a rough projection which is tearing the clothes.

Cloths in everyday use should be used in turn so that they may wear out evenly. Table linen, which is put aside for special entertainment use or as a reserve supply, should be examined, from time to time, and laundered whenever it begins to show signs of yellowing. Some housewives make a point of using their best tablecloths, occasionally, so as to keep them fresh and white.

A thrifty housekeeper, who had purchased an advance supply of linen, felt exceedingly comfortable to think of the big box of new cloths and napkins stored in her attic. At one housecleaning time she decided to inventory her supplies. Great was her distress to find that mice had been there before her and had gnawed innumerable holes all through her treasures. The rodents had selected the corners as points of attack, and when the linen was unfolded, a multiplicity of holes appeared.

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Her error was two-fold. First, she should not have put away the linen with the starch in it, for starch is a food which mice enjoy. Her supply should have been made and laundered at once. Next, she should not have stored her linens where mice could get at them, for they will even eat that which has been carefully washed, if they are very hungry.

Speaking of inventorying linen brings to mind the wisdom of this work being actually done now, and supplies priced according to present values. This will show how much money it would cost to replace what you have. Then it will be well to go farther and examine your insurance policy on your household goods. Was this taken out several years ago, and your valuation placed before prices went up? If so, a fire would not give enough insurance reimbursement to replace more than a fraction of the loss. Many have considered it expedient to increase the amount of their insurance policies for this reason.

A very good way to care for extra supplies of linen is to fold each one in blue paper with a label on the outside which describes what is inside, so that what is wanted may be located at once. Then linen should be kept in a vermin-proof container or closet. Bureau drawers, open at the back, or open shelves in closets with loose-fitting doors, imperfect mopboards, or broken plaster, cannot be depended upon to keep mice out.

The Day of Substitutes

Once upon a time the word "substitute" carried with it a great deal of reproach, but the war has changed all that, and we are ready to accept substitutes for the old supplies willingly, if patriotic reasons dictate, provided we are not deceived about the nature of what we are given to use.

Some thrifty housekeepers have decided to conserve their linen supply for the present, at least, by using some of the mercerized cotton damask. This decision is in part due to their having to send their table linen to laundries, and while first-class institutions of this kind are reasonably careful of articles trusted to them, yet machinery is likely to be a little more trying than personal handling.

Some very handsome patterns come in cotton damask, although the price of a good quality is not low. The drawbacks to this fabric are several. Stains must be watched for, and regularly removed, for it stains rather easily. When it is laundered, the commercial finish is removed, leaving a very soft surface, a little rough in appearance, and upon which the pattern no longer stands out with beautiful distinctness.

A good way to overcome this, after having removed the stains and washed as usual, is to add starch or borax to the last rinsing water. The starch, which has been used for the rest of the fine clothes, and is so thin and reduced in character, will answer nicely. Add a pint or more of this (depending upon its thickness) to a pail of clear water, and let the cloth stand in it ten or fifteen minutes. A few drops of bluing may be added if wished. Wring the cloth and dry as usual. Just the amount of starch desirable will soon be learned by experience, but where the correct amount is added, it does not make the cloth stiff or difficult to iron, but gives a little better body and finish, and the pattern comes out with its original clearness. Adding borax to the rinsing water has much the same effect.

One resourceful home-maker, who wished to conserve, both in linen and laundry, took the best part of a couple of worn cloths and made what she called "top cloths." The idea came to her after a motoring trip, during which she observed the frequent use of such cloths in good hotels.

She either hemmed or hemstitched the top cloths, making them just large enough to go over the top of the table, with the hems falling at the sides. First, she uses the large cloth, as it is spread upon the table without anything over it, for she says that any stains dropped upon small

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service cloths would go through anyway. As soon as the damask begins to be soiled, she uses the service cloths at her own and husband's place. By changing these as needed, she keeps her table fresh for a number of days. Then, when the entire surface is no longer at its best, she adds the top cloth, changing this as need arises. The service and top cloths are easy to launder, and she knows that her large linen pieces will last longer, because they are not subjected to the cleaning process only about a quarter as often as they used to be.

As many as a dozen years ago the writer saw most attractive small covers, napkins, and tray cloths, made of a fine quality of linen-finished, Indian Head cotton, in the far South. This material is so prepared that it does not yellow readily. The threads draw with great ease, and it lends itself to hemstitching and simple drawn-thread patterns. The addition of a little starch to the final rinsing water, as suggested, makes it very satisfactory for common use in summer homes during fruit time, or where the housewife is dependent upon indifferent outside help for laundry work, and does not care to use her best.

For those who have handsome, polished tables, and who "clear" the board entirely after each meal, it is policy to use some of the popular Japanese runners and towelings, with napkins to match, for both luncheon and breakfast service, as this pieces out the use of one's choice linens. Supplies, which are beginning to wear thin, should be laid aside for summer-time use, for laundering such in freezing weather soon shortens their term of service.

Linen, white goods, or remnant sales are real opportunities for the watchful housewife, if she is alert enough to be among the first comers. Remnants of excellent quality damask and toweling can often be obtained at a fraction of its original cost.

A short length of linen, which regularly sold at $4.50 per yard, was picked up for 98 cents. It was a real bargain. It was seventy-two inches wide and had a center design of polka-dots with a thistle border. Enough of the polka-dot was taken to make a very handsome service or tray cloth, and it was large enough to permit of a double hemstitched hem. The two ends made slightly smaller service cloths, which were uniform in design, and of ample size when finished with narrow French hems. By cutting the linen in this manner, the pattern was symmetrically placed.

An end of linen of cheaper quality, unbleached and much soiled, was obtained for 19 cents. It made three very satisfactory, common tray cloths.

Excellent values in toweling remnants can often be found, and with the addition of a little embroidery, drawn threads, or a crocheted edge, these make attractive Christmas gifts of towels, fudge aprons, cushion covers, runners, and even dresser covers.

A strip of table damask of elegant quality was picked up for 60 cents. The border across the ends was especially rich. The piece was made perfectly even by drawing threads. It was hemstitched and finished with an edging of handsome linen lace, also picked up at a sale at 20 cents a yard. It took five yards, and the total outlay was $1.60, together with the work of some spare time. The result was a very serviceable and handsome sideboard or buffet cover, which could not have been duplicated in an art store for less than six or seven dollars.

If the wartime housekeeper has not laid away a goodly supply of fine linen, she need not despair, for one characteristic of the American people is their resourcefulness, and if the linen market becomes increasingly difficult, modes and material will be evolved to make use of what we have, and if it is the "style," and every one else has bowed to the decree of Fashion, then we would be sure to want to fall in line, too. In fact, tablecloths, as we understand them, may go quite out of style like hoopskirts.

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Apple Sauce Like That!

AUNT ANNA'S TRICK OF TAKING PAINS

By Ida R. Fargo

"YOU do make the best apple-sauce, Aunt Anna!"

The Little Guest, coming into the kitchen where Aunt Anna's deft fingers swiftly pared and cored the firm fleshy fruits of the apple tree that Pa had just brought up from down cellar, commented warmly.

"Course she does," affirmed Pa. He paused at the sink to get a drink of water before going out to the barn to curry Old Bess.

"Pshaw!" said Aunt Anna. And then, "It's the apples, Baldwins an' Greenings. Come fall, we store a lot in the cellar, and we have good apple sauce all winter. Baldwins an' Greenings, both on 'em, to my way of thinking, make right good apple sauce."

"The best I ever et," said Pa.

He opened the kitchen door. Then he paused and looked back.

"An' the worst I ever et, too. Funny thing is, both times, the apples came out'n the same barrel!"

And Pa shut the door behind him, sort of softly, with a little repeating echo about it, like a chuckle trying to make itself heard. It's a way doors have, talking like that. It's queer what an amazing lot of things a door can say, when it's being shut. If you don't believe, just listen right well next time you hear a door shut. If the fairies didn't miss you entirely, when you slept in your cradle, you'll hear that door speak out to you plain as day! The Little Guest did, and she smiled an answer, not thinking about it at all, thinking elsewhere.

"But I don't see ——" she said; "out of the same barrel ——"

"That's just like Pa," laughed Aunt Anna; never explaining a bit." And then:

"Pa's thinking about the time I sprained my ankle. We had a hired girl, for a good two weeks it was I was out of my kitchen —— my, but it seemed good to get back! I never realized before how much I thought of my kitchen; I missed it like tunket, those two weeks, sitting around playing lady," mused Aunt Anna, falling into reminiscent silence.

"But —— 'out'n the same barrel?'" suggested the Little Guest softly.

"Just as I was sayin'," took up Aunt Anna, "we had a hired girl. Hester, her name was. She came out from town to help me that time. I tol' her particular that Pa wanted his apple sauce cooked *just so*, but somehow she never seemed to be able to get it right. Pa 'lowed he never could stomach apple sauce like that. Not the kind Hester cooked."

"Well!" wondered the Little Guest. "I thought apple sauce was — just apple sauce!"

"Of course," agreed Aunt Anna, "'specially if the apples all come out'n the same barrel. But it ain't. There's as much knack in making a good mess o' apple sauce as there is in making a good pie. Mebby more. Most folks, when they peel apples, just quarter them quickly and leave in bits of the core. Pieces o' peeling, too. Hester did. A body's sure to 'less they're that particular. It takes *noticing* to get out all the core of an apple. And the bits of hard core left in, like flakes of isinglass, never cook up soft. I remember once, when I was a girl, I got a scrap of this tough core-wall caught in my throat. I couldn't get it up, and I couldn't get it down, not for quite a spell. It was sharp; it scratched and irritated till my throat felt like one's fingers do when one pushes into a patch of nettles. For a long time after that

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I couldn't eat apple sauce, not unless I made it myself, to be *sure* it was fixed the way apple sauce ought to be fixed," emphasized Aunt Anna.

"The tough core-wall — all out," mused the Little Guest.

"But that isn't all," rippled on the older voice, "if apple sauce is to be smooth and even texture, like Pa wants his'n, the peeling mustn't be left in either. I read in a cooking magazine oncet that apples were just as good cooked peeling on. I tried it. After the first bite, Pa wouldn't touch it. I had to feed it to the pig. Then, too, apples want to be sliced evenly. If they are left in little chunks and big chunks, they'll cook up unevenly. The outside of the big pieces will cook up soft and burn on the bottom before the centers are done. And apple sauce, scorched, even the least mite, isn't nice apple sauce," nodded the capable hostess.

"I know," hastened the Little Guest. "I scorched some once. It burned, just a little bit, right in the middle of the kettle. And I was *so* careful not to get any of the scorch in when I took it up, but nobody would eat it," dolefully.

"The flavor was spoiled," advised Aunt Anna. "Scorched apple sauce is poor stuff. A body must keep an eye on't when it's cooking."

"So it will not be lumpy — and never be burned — not even a tiny bit," murmured the Little Guest.

"And beat it up with a potato masher," added Aunt Anna.

"What-t?" stammered the girl.

"A wire potato masher," affirmed she who could cook, "so that there will be no lumps, and the texture be even. Besides, a potato masher stirs in the sugar better'n a spoon."

"But don't you cook the sugar with the apples?"

Aunt Anna shook her head. "Never," she said. "Stir the sugar in afterwards, while the apple sauce is hot. It takes less sugar that way, and it is more digestable, they do say. But sometimes I use corn syrup instead of sugar, and then I do it like this: I take a pint of water, and enough corn syrup to sweeten it as I like best, and bring to a boil. Then I thicken it a very little bit with cornstarch, so it is like good thick cream. Then I put in my sliced apples, bring to a boil, pull to the back of the stove and simmer till the fruit is tender and rich red-looking with a syrup that is rich and thick and simply delicious. But apple sauce like this I never stir."

"What a lot there is to learn about cooking, even apple sauce," sighed the Little Guest. "I supposed anybody could cook — apple sauce!"

"So did Hester," laughed Aunt Anna.

"And she made the worst Pa ever et," giggled the girl.

"Pa oughtn't to be saying such things," chided Pa's wife, "just cause he couldn't eat apple sauce — like that."

"But I know well and good he will eat apple sauce — like this," sniffed the Little Guest, as the apples Aunt Anna had peeled sent a spicy cooking fragrance out into the kitchen air, "and so will I. And when I go home I shall take pains — oh, such a lot of pains — cooking some apple sauce for us. Maybe we'll all come to like it. Who knows? We don't now. Not the way we have it. Why, even I don't like apple sauce when I'm at home, but I do here, when you make it. Isn't it queer?"

"Not so queer as it might be," adjured the older voice, very kindly. "For *taking pains* is a trick that makes most folks like most anything. Specially where cooking's concerned."

And Aunt Anna poured the hot, fragrant sauce into a big deep bowl, and set it away to cool against supper time, when Pa would come in from his work "hungry as two Turks," and want sauce for his supper.



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Cooking by Electricity

UPON beginning housekeeping in a small western town, we were very much disappointed in finding the town had no gas plant. So a gas stove was out of the question, but there still remained the choice of a coal or wood range, some kind of an oil stove or the electric range. Our kitchen was too small for the coal range, and our purse for the electric, that is, the running of one. As our dealer and friends said it would cost from $8 to $9 a month for electricity. So there was nothing left but the kerosene stove. We purchased a good wickless one. It worked fine the first six months, but the next six months it blackened our white enameled kitchen, and the smoke hurt my eyes so that I wept copious tears every time I prepared a meal.

We finally had our kitchen redecorated and purchased a standard-make electric range, with three top elements and an oven, with a top and bottom element, for $48 plus the $12 for installing.

Then the question was to apply the principles of cookery to the new stove at the lowest possible cost. The first thing, I learned to read the meter, and then purchased suitable cooking utensils. For the top burners, thin aluminum pans, with tight covers, are the most satisfactory. Pans that cover the entire element, and that have flat bottoms, fitting close to the stove. If some one would only invent a clamp to hold the pan in closer contact with the burner, the electric bill would be cut in half. For the oven, glass, earthenware and the broiler are the most satisfactory.

As with other stoves, oven cookery is time, labor and fuel saving; besides retaining all the flavors and nutriment of the food. The following meal was prepared in my electric range:

Meat loaf	Baked potatoes
Baked squash	Shortcake

At the same time a few extra potatoes (to cream), a pan of apples, and a ginger bread were baked for lunch for the next day. The cost of cooking was 9 cents, 2 kilowatt-hours at 4½ cents per kilowatt.

Pan-broiled steak, mashed potatoes, creamed cabbage were cooked on the top burners at a cost of 4½ cents. One kilowatt-hour was used. With the addition of a salad or fruit dessert, it made a very satisfactory meal.

Fruit and vegetables may be canned successfully in the electric oven. The cost will be from 1½ to 2½ cents per quart, depending upon kind of fruit or vegetable.

The secret of cooking by electricity is to cook food well with the minimum amount of heat. This means careful attention to the burners and the oven thermometer. After the food is brought to the boiling point on full, it may be finished on low or with the current entirely turned off. The oven may be turned off from one-third to one-half the time during the process of baking. Of course, this depends on how long the oven has been heated, and the kinds of food baked. If it is necessary to wait for a meal the food may be kept hot with the current off from twenty-five to thirty-five minutes. This, too, depends on the kinds of food.

After using the stove three years I find the average of electricity used is 68 kilowatt-hours, thus making the average bill $3 per month. Besides a three-hour ironing is done each week on the stove current instead of the light current. By using the stove current, the bill for ironing was cut from 50 cents to 18 cents a month. I have spent for repairs in the three years, just 75 cents. And the best of all, there is no more weary hours spent in cleaning woodwork and scouring pots and pans. So I feel I have proved to my friends and myself, "it can be done."

B. G. R.

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AMERICAN COOKERY

FORMERLY THE

BOSTON COOKING-SCHOOL MAGAZINE

OF

Culinary Science and Domestic Economics

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My Prayer

Give me, I pray, the forward look,
Expectancy,
Like onward rush of summer brook,
Seeking the sea.

Give me the faith of branching trees,
That trust God's care,
Though into icy blasts that freeze
They lift boughs bare.

Give me the hope of hidden seeds,
Deep down from sight,
Whose life force ever upward leads
Into the light.

Give me the trust of flowers unborn,
In leaves sheathed fast,
That fear no blight, no piercing thorn
Their plume may blast.

Oh, let me know life never dies,
Hope, faith, trust, Love,
Lead to the light that ever lies
Around, above.

— *Hattie H. d'Autremont.*

HUMANISM AND HOME

THESE words, humanism and home, indicate subjects that are prominent in the better thought of the day. In all higher courses of study we always did take rather to the so-called humanities, than to the purely scientific branches. Indebted, as we are, to science for so much of human progress and the many comforts of life, we have come to feel that strictly scientific culture may be too one-sided and selfish. In the constant, perhaps necessary, pursuit of material things, should we not stop, once in a while, and try to cultivate something of the amenities of life?

The home, and all that goes to make it attractive and desirable, must, in no wise, be overlooked or neglected. People everywhere should be encouraged to think about better homes, about better conditions of living — to realize the meaning of the fullest, completest self-development of citizens in the largest number of suitable and healthy homes. At a recent housing conference in this city, a practical student of the problem, among other good things said:

"A good home means a house well planned, safe and healthful, surrounded by congenial and friendly people, all interested in the welfare of each other and of the community. There must be good stores and amusements, good schools and places for games, for recreation and rest. There must be security of possession at reasonable cost."

IN a recent interview with Vice-President Marshall and his wife, Mr. Marshall was reported to have said:

"You know we have lived longer in the last four years than Methuselah. You don't measure life by time, but by deeds. There was a boy who left his home, his friends and his future and went over to Flanders, where he went over the top. They say he is dead. He isn't. He will live as long as men think of — and will fight for — liberty.

"And if we don't win the same war on the battlefields of peace that our boys won on the battlefields of war, we shall have lost much. It is the time now for service. Service and sacrifice are the keynotes of the today.

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"In the complex problems of rehabilitation and readjustment, these ideas must be foremost."

Mrs. Marshall was asked the question: "Should women go out of industry when peace comes and return to their homes?"

"Women should," she answered, "that is, those who have a home should. Some haven't a home, you know. And others have a home that is worse than none at all. But I believe in women being first in the home, and after that in other places. For the home is the corner-stone of the nation."

Humanism, the welfare of humanity, and the inviolable home, are closely allied. Home life should be guarded, fostered and made better and nobler in its every aspect. Is not this the subject in which lies woman's chief concern?

IN a recent address to the Women's City Club, Miss Jane Addams of Chicago said:

"From the very humanitarian service, given by the nations in acting together in the supplying of the needy countries with food, I believe will come a better ethical relation between the nations in the future.

"I might say that one of the most characteristic results of the war has been, not only the forming of voluntary organizations for the conservation of food, but the fact that the government has been forced from narrow lines of national work into general humane service — the inter-allied system, whereby the starving countries have been fed. And we can never go back — we can never think of any human being in want of food when we have food we could give.

"Undoubtedly you women have often wished that you might have a share in the big things going on in the world. This is your opportunity. Woman, when she first urged the cultivation of the land that her children might be fed, established herself as the caretaker of the food of the home. Food has always been the woman's care, the woman's business. It should come in quite naturally that women should be interested in the feeding of the world, and this is how you can interest yourself in international affairs.

"The food situation created by the war has brought a new motive into national affairs — it was founded on the tremendous need of the nations across the sea and their appeal for our help.

"I believe that this motive, this humanitarian impulse, will be felt at the peace table. The food question will largely influence peace-table decisions, because it will have aroused the right sentiment for the rights of every nation and a splendid ethical relation between the nations will result."

REFORMATION OF SCHOOLS

FROM reports, far and wide, our schools have come into more or less disrepute. Under the circumstances that have prevailed during the past four years, our schools have no doubt deteriorated greatly. No explanation need be made. As Dr. A. E. Winship said recently, "The schools could have prevented the physical unpreparedness for the war, the illiterate unpreparedness, and the industrial unhandiness of all who were not needed in the industries. The schools achieved much, but they did it despite the crude support of the public." Now the importance, yea, the necessity, of widespread and universal education, was never more apparent than it is today. That the instruction in our public schools, in the future, should be more vocational in character is also apparent.

We want better schools. Are we getting even what we are paying for? With no attempt at discussion, it may be suggested that one way to secure better schools is to see to it that intelligent, far-seeing, energetic and patriotic men and women are chosen to serve on school boards. Of no less consequence is it that teachers be prepared in sufficient numbers to render efficient service in all the schools, both town and country, throughout the state. In the legacy of a benefactor,

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donating a certain sum to the teachers of his native town, we note this proviso: no teacher who has not had Normal School training shall receive benefit from this fund. A wise provision that! It is high time that only trained and qualified teachers be employed to teach in our public schools.

Again, some one has proposed that the time our public schools are in session should be increased. This idea is correct and excellent; from educators and parents it should receive most careful attention and deep consideration. At present, the schools seem to be conducted to give the shortest hours daily, and to limit the days in the school year to less than the law allows. Invariably a holiday is an occasion to shorten the school session of the week to three days. Everything in the line of play is put foremost. Sports, to be sure, are good and wholesome in time and place, but sports are not the chief concern of life.

Now, in order to conform at all to the requirements of modern life, our schools should be in session six days in the week, with a half-holiday on Saturday, and anything less results in extravagant wastefulness and loss, from every point of view. Also, the school-year should consist of forty-eight weeks. The legal holidays, of course, are always to be observed.

Can anything be more reasonable than to shape our school system to harmonize somewhat with the ways and methods of business, that the transition from the school to the affairs of actual life may not be too abrupt and ofttimes calamitous? Evidently our school system needs reformation and elaboration to meet the conditions of the new times.

THE NEW YEAR

EVERY storm comes to an end, and the sun shines out again. Likewise the war cloud is passing away and peace is dawning on the coming New Year. AMERICAN COOKERY is glad the whole war business is going down and out. We were glad to do our level best, and sacrifice to the utmost limit that right might prevail; for we are conscious that justice and the rule of right are essential to happiness the world over.

Now "conservation" and "substitution" we want to drop from the pages of the magazine, and return, as far as possible, to normal methods of procedure in the art of living. Thrift is always in order. No habit is more worthy of care and cultivation in the home than that of thriftiness.

The subject of food and feeding is constantly growing in importance. Its significance today is pre-eminent. The proper care and preservation of foodstuffs, the careful preparation and serving of the same, three times a day, are coming to be known as matters worthy of the most serious attention and concern. The prevention of disorder and the maintenance of health cannot be disconnected from the service of cleanly, wholesome foods.

The old saying, "There is nothing from without a man, that entereth into him, can defile him, but the things which come out of him, those are they that defile the man," is an effective and instructive parable, but in its teachings the ill effects to the physical system of modern germ life were not taken into consideration.

May our readers co-operate with us in trying to renew the substance and enlarge the scope of AMERICAN COOKERY. Fresh and timely contributions will be very acceptable; they will receive careful consideration. May the New Year prove favorable to peace and prosperity in all parts of the earth. The signs are propitious; let better days are coming be our greeting to the readers of AMERICAN COOKERY.

One by one thy duties wait thee,
Let thy whole strength go to each;
Let no future dreams elate thee,
Learn thou first what these can teach.

Every hour that fleets so slowly
Has its task to do or bear;
Luminous the crown, and holy,
When each gem is set with care.

— *Adelaide A. Procter.*

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CROUTONS, BREAD STICKS, CELERY, OYSTERETTES, SWEET PICKLES, CUCUMBER RINGS, RADISHES

Seasonable and Tested Recipes

By Janet M. Hill

IN ALL recipes where flour is used, unless otherwise stated the flour is measured after sifting once. Where flour is measured by cups, the cup is filled with a spoon, and a level cupful is meant. A tablespoonful or teaspoonful of any designated material is a LEVEL spoonful. In flour mixtures where yeast is called for, use bread flour; in all other flour mixtures, use cake or pastry flour.

Cream of Corn Soup, St. Germain

IF ordinary canned corn is used, chop the corn as fine as possible and press that to be used for the timbales through a sieve; cook what is left in the sieve with the rest of the corn for the liquid part of the soup. To one-third a cup of the corn purée add one egg and the yolk of another, beaten without separating the white and yolks, one-fourth a teaspoonful, each, of salt and black pepper, and half a cup of thin cream or rich milk. Mix thoroughly and turn into four buttered timbale molds. Set to cook on several folds of paper in a dish of boiling water. Cook in the oven and do not allow the water to boil. When firm and the soup is ready, serve an unmolded timbale in each plate of soup. To make the soup, cook half an onion, sliced fine, and two branches of parsley in two tablespoonfuls of vegetable oil or butter substitute until softened and yellowed; add the rest of a pint can of corn and a pint of boiling water or broth, made from the remnants of a roast fowl, and let simmer twenty minutes. Press through a fine sieve. Melt two tablespoonfuls of butter substitute; in it cook two tablespoonfuls of flour and half a teaspoonful of salt; add two cups of milk and stir until boiling; add the corn and broth with one-fourth a cup of cream; serve hot. Canned peas, spinach, chard, string beans may be used for this soup.

(For Illustration see back of Frontispiece.)

Chicken Giblet-and-Tomato Soup

Put a quart of cold water over the neck, skinned feet, ends of the wings and the giblets, except the liver, of a fowl; heat slowly to the boiling point; add the liver and let cook at a gentle simmer until the meat is tender. Use the liver with pimientos, mushrooms or truffles, olives, egg-yolks, mustard, paprika and salt for canapés or sandwiches. Use the rest of the meat with potatoes and green peppers for hash. Drain off the broth and let cool to remove the fat. Cook half an onion, two stalks of celery, two branches of parsley and a few slices of carrot, all cut in small pieces, in two tablespoonfuls of chicken fat till yellowed and softened; add a pint can of tomatoes, and let simmer fifteen minutes; then press through a fine sieve; add the chicken broth (two

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to three cups) and heat to the boiling point; stir in a scant level tablespoonful of cornstarch or potato flour, smoothed in half a cup of cold water, and let simmer ten minutes; season as needed; serve in bouillon cups.

Oysters, Florentine Style

For two persons heat one dozen cleaned oysters (half a pint) to the boiling point in their own liquid; skim out the oysters and keep them hot in a covered dish. Melt two tablespoonfuls of butter; in it cook two tablespoonfuls of flour and one-fourth a teaspoonful, each, of salt and black pepper until bubbling throughout; add the oyster liquor, with milk or cream, to make one cup in all, and stir until boiling; add the yolk of one egg, beaten and diluted with one teaspoonful of lemon juice, and stir without boiling about two minutes. Set a layer of hot, plain, boiled spinach on a serving dish and spread a layer of sauce over the spinach; on this set the oysters; pour over the rest of the sauce, sprinkle with one or two tablespoonfuls of grated cheese. Cut out six or eight pointed strips of bread (two from a slice), about one-fourth an inch thick. When toasted, dip the edges of the pointed ends in a little of the "left over" egg-white, then dip them in fine-chopped pimientos or parsley, or grated cheese and use as an edible garnish for the dish; serve at once.

Chartreuse à la Surprise

Butter or oil a plain charlotte mold very thoroughly, and line it throughout with mashed potato, seasoned as for the table, keeping the potato rather dry. Fill the center with flaked (cooked) fish, mixed with just enough thick sauce (drawn butter) to hold it together; cover with potato. Let it steam about half an hour; unmold on a hot serving dish. Serve with plenty of drawn butter sauce, canned peas or string beans, and either lettuce or cabbage with French dressing. If two narrow strips of parchment paper be fitted into the mold, at right angles one to the other, and greased thoroughly, they will aid in unmolding the dish.

Drawn Butter Sauce for Chartreuse

Fish left over, when a whole fish, as fresh haddock or cod, has been cooked, is suitable for a chartreuse. The water in which the fish was boiled should be used for sauce. To make a pint of sauce cook one-fourth a cup of flour and half a teaspoonful, each, of salt and black pepper in one-fourth a cup of vegetable oil made hot; add half a cup of cold water and a cup and a half of the hot fish broth and stir until boiling. Add the cold water first, or, if the fish broth be cold, use two cups of broth and no cold water. Just before serving the sauce, beat into it two tablespoonfuls of butter, a little at a time.



CHICKEN GIBLET-AND-TOMATO SOUP, RADISHES, BREAD STICKS

Rump Steak, Neapolitan Style

Take three-quarters of a pound of rump steak, flatten it with a cleaver or

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OYSTERS, FLORENTINE STYLE

pestle to widen it without tearing the fibre. Sprinkle it with a little salt and pepper. Chop one-third a cup of ham, fat and lean, a slice of onion, two branches of parsley and about one-fourth a teaspoonful of thyme, very fine; add twice the bulk of bread crumbs (soft), and the beaten yolk of one egg and mix thoroughly; spread this mixture over the surface of the meat, sprinkle on a few seeded raisins, and roll the meat like a cigar, larger in the middle than at the ends. Tie the roll three or four times crosswise, and if necessary once lengthwise. Set into a frying pan, in which there are a few spoonfuls of fat, cooked from fat salt pork or ham. Turn as it begins to brown delicately on all sides; add a cup of chopped onion, celery and carrot, and, when browned, about a cup and a half of cooked tomato and let the meat simmer about two hours, or until tender, basting often. When tender set the meat on a hot dish, and strain the liquid in the cooking dish over it. Add salt (about half a teaspoonful), and a little paprika with the tomato. Cook in the oven, or at the back of the range, covered.

Dried Lima Beans with Ham

Soak a cup of dried Lima beans over night; drain and set to cook in a fresh supply of cold water; heat to the boiling point, then let simmer until tender, taking care that the water does not evaporate, but not having an over-supply. When done there should be but little liquid in the dish. Chop, fine, one small onion and three branches of parsley; let cook,



CHARTREUSE À LA SURPRISE

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stirring constantly, in two tablespoonfuls of butter substitute till softened and yellowed; add to the beans just about an hour before the beans are to be served. Ten minutes before serving add half a cup of cooked ham, chopped fine, with salt, black pepper and a tablespoonful of butter or two tablespoonfuls of cream; serve with crisp croutons of bread.

Spinach-and-Cheese Loaf

Drain a pint can of spinach, pressing out all the water possible; chop fine, add one cup of grated cheese (cottage cheese may be used), two tablespoonfuls of fat or butter substitute, melted, three-fourths a teaspoonful of salt, half a teaspoonful of paprika, two eggs, beaten light, and one cup of soft sifted bread crumbs; shape the mixture into a loaf. If a higher flavor be desired, cook two slices of onion and half a green pepper, both chopped very fine, in the fat, then add to the mixture. Bake in a greased pan about half an hour in a moderate oven, basting several times with hot fat. Serve hot with tomato or cream sauce. Swiss chard or beet greens may be used in place of the spinach.



SPINACH-AND-CHEESE LOAF

Canned Corn Custard, Mexican Style

(To serve 8)

Heat two tablespoonfuls of butter substitute; in it cook a slice of onion and half to a whole green pepper, shredded very fine, stirring constantly, until yellowed and softened. Add two cups, or a pint can of corn, a teaspoonful of salt, half a teaspoonful of paprika, three eggs, beaten light, and two cups of milk. Mix all together, thoroughly, and turn into a buttered baking dish. Bake in a pan of boiling water until firm in the center. Serve hot or cold, as the main dish at luncheon or supper, or serve as an entrée at dinner.

Canned Corn Fritters

To one cup of canned corn (preferably canned without hulls), add the beaten yolks of two eggs, and one cup of flour, half a teaspoonful of salt, one-fourth a teaspoonful of black pepper, one teaspoonful and a half of baking powder, sifted together; mix thoroughly; lastly, beat in the whites of two eggs, beaten very light. Take up the mixture by tablespoonfuls, and with a second spoon scrape it in a compact mass into hot fat; let cook until brown on both sides; turn as soon as the mixture comes to the top of the fat, and often during cooking. Drain on soft paper. With fat at right temperature no appreciable fat is absorbed. Serve with meat accompanied with a sauce, or, serve as a dessert with maple syrup.

Parsnip Fritters

Parsnip fritters, made by the recipe for canned corn fritters, are particularly

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VEGETABLE PIE, MILWAUKEE STYLE

good. When the parsnips are boiled tender, press through a vegetable ricer. Use the same proportions as above. With winter parsnips add a teaspoonful of sugar; spring parsnips need no sugar.

Vegetable Pie, Milwaukee Style

For a pint-can of home-canned string beans take half a pint-can of carrots, canned when young and small, about a cup of canned tomato and hot boiled and mashed potatoes. In a saucepan heat one tablespoonful of vegetable oil; add half a small onion, chopped or grated, and stir and cook until yellowed somewhat, then add one cup of boiling water, cover and let simmer, shaking often, half an hour, then add the string beans, carrots and tomato, with a teaspoonful of salt, one-fourth a teaspoonful of paprika and a teaspoonful of sugar; cover and let simmer very slowly about twenty minutes, shaking the pan repeatedly. Add a teaspoonful of butter in bits, then turn the vegetables into one large, or several individual serving dishes. Pipe hot mashed potato, well seasoned, as for the table, in bands over the top of the vegetables, brush with a little melted butter, and set into a hot oven, to brown the edges of the potato.

Canned String Beans, Italian Style

(Main dish for luncheon or supper)

Drain, rinse and drain again a pint can of string beans. Put these in a saucepan with two tablespoonfuls of butter substitute, a teaspoonful of grated onion pulp, a tablespoonful of fine-chopped parsley, half a teaspoonful of salt, and about three tablespoonfuls of broth; cover and let become very hot, shaking the pan occasionally to avoid burning, also adding more broth if necessary. Beat the yolk of an egg; add two or three



ASPARAGUS-AND-CARROT SALAD

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tablespoonfuls of grated cheese, and a tablespoonful of lemon juice; mix thoroughly and stir through the beans, but do not allow them to boil, or the egg will curdle.

Asparagus-and-Carrot Salad

Carrots are in the market throughout the winter, and are in constant demand for stews, flavoring of soup, etc., but for salads or, occasionally, for a choice dish of carrots, it is well to have on hand carrots, canned in the early summer when they are small and delicate in flavor. These may be canned in slices or cut into four lengthwise pieces. For salad, drain both vegetables from the liquid in the jar and dry on a clean cloth; over them pour a little French dressing, made with a few grains of sugar and a few drops of onion juice, cover and let stand in a cool place till ready to serve. Set the vegetables, drained carefully, on washed-and-dried heart-leaves of lettuce; garnish with stuffed olives, cut in slices; serve the dressing in a bowl apart.

Tomato Jelly Salad

To one pint can of tomatoes add half an onion, cut in very thin slices, three branches of parsley, an outside stalk of celery or celery leaves, half a teaspoonful of salt, a slice of green or red pepper and a bit of mace; cover and let simmer twenty minutes; strain through a sieve fine enough to hold back the seeds; add one-fourth a package of gelatine (one tablespoonful), softened in one-fourth a cup of cold water, and stir over the fire to dissolve; add one cup or more of cooked vegetables cut in small bits. One vegetable, or several varieties may be used, whatever is at hand. Peas (left whole), bits of asparagus or string beans, slices of celery or carrot, tiny flowerets of cauliflower, etc., may be used; add also two tablespoonfuls of tomato catsup and turn into a border mold. When firm, unmold and serve with lettuce and salad dressing.

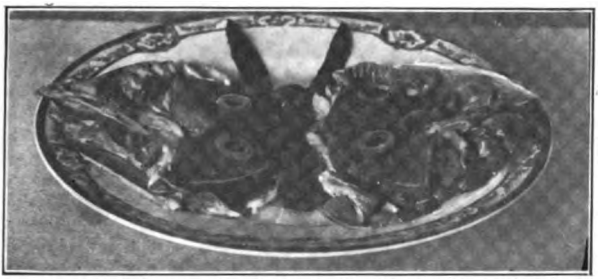
Butterfly Salad

For each service (butterfly) allow two rather flat lettuce leaves, one slice of canned pineapple, one stalk of canned asparagus, two stuffed olives, two strips of pimiento and two tablespoonfuls of French dressing or one of mayonnaise. Set the stalk of asparagus in the center of the plate, the lettuce leaves at either side of it, cut the slice of pineapple in two equal pieces; set these above the lettuce leaves, round side toward the asparagus. The asparagus represents the body of the butterfly, the lettuce leaves, with pineapple above, the wings; set one olive at the root end of the asparagus for the head, cut the other in slices and dispose in symmetrical fashion on the pineapple to represent the markings on



TOMATO JELLY SALAD, MACEDOINE OF VEGETABLES IN JELLY

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BUTTERFLY SALAD

the wings. Set the strips of pimiento in place above the head (olive) as feelers; serve the dressing in a separate dish.

Italian Salad

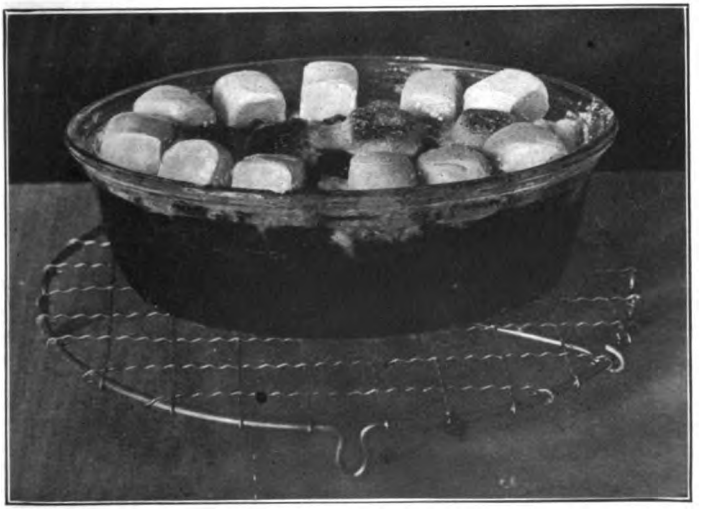
Cut one carrot and one turnip into slices and let cook in boiling broth or soup stock until done. When cold add two cold, boiled potatoes and one cooked beet, cut into strips. Add a tablespoonful of chopped leeks or scraped onion pulp and mix. Pour on Lombarda sauce and mix again; garnish with water cress.

Lombarda Sauce

Cook one-fourth a cup of flour in one-fourth a cup of hot butter or vegetable oil; add half a teaspoonful of salt, one-fourth a teaspoonful of paprika, and one cup of jellied chicken broth and stir until boiling. Set over boiling water and beat in one-fourth a cup of butter, beaten to a cream and mixed with two egg-yolks and the juice of half a lemon. As soon as the egg is cooked, beat in three-fourths a cup of thick tomato sauce. When cold and ready to use add one tablespoonful of parsley, chopped exceedingly fine.

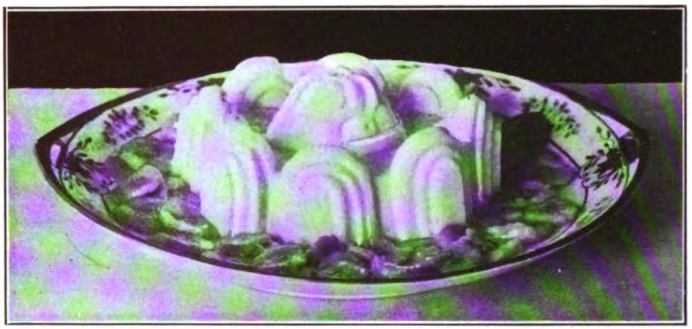
Thick Tomato Sauce

Chop, fine, half a stalk of celery, one slice of onion, a few leaves of sweet basil, and three or more branches of parsley; add half a cup of vegetable oil, half a teaspoonful of salt, half a teaspoonful of paprika and a pint of cooked tomato. Boil until well reduced, then strain and use.



HOT APPLE DESSERT DISH

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CORNSTARCH BLANCMANGE, COMPOTE OF BANANAS

Hot Apple Dessert Dish

Pare, quarter, core and slice five or six apples. Put these in a serving dish suitable for the oven, in layers with seeded raisins and one cup of sugar, cover and let bake until the apple is tender. Remove the cover and set marshmallows over the top of the apples, using as many, or as few as desired; return the dish to the oven, for a moment only, to heat the marshmallows and brown them slightly; serve hot with or without cream. The dish must be watched closely after the marshmallows are added, as they melt and color at a very low heat.

Cornstarch Blancmange

Scald two cups of milk; mix one-third a cup of cornstarch, half a teaspoonful of salt and two tablespoonfuls of sugar, honey or syrup with half a cup of cold milk to a smooth consistency, then stir it into the hot milk; continue to stir until the mixture thickens, then cover and let cook, stirring occasionally, twenty minutes. Fold in the white of one egg, beaten very light, and when the egg is cooked (about three minutes), turn into one large, or five small molds. Serve when cold and firm, unmolded, with a cold

Compote of Bananas

Make a syrup of half a cup of sugar, syrup or honey and half a cup of water. Peel and scrape two or three bananas, then cut in thin, even slices; add to the syrup and let boil all over, shaking the pan a little to cook all the slices evenly. A little lemon or vanilla extract may be added, or thin lemon or orange rind may be cooked in the syrup. Skim the bananas, as they soften, to a plate. When all are cooked (kept in whole slices), boil down the syrup a little. When cool add the bananas and use.



CANNED PEACH DESSERT, SUPREME

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Canned Peach Dessert, Supreme

Set slices of stale sponge cake on individual dishes; above each slice of cake, set half a canned peach, hollow side upwards. Pipe whipped cream in the hollow of each peach. For each service take a rounding tablespoonful of currant, raspberry or other bright-colored jelly, and two or three tablespoonfuls of the syrup from the peaches. Let stand over a slack fire to melt the jelly, then beat until smooth and let chill. When cold and ready to serve the dish, pour the syrup over the whole. When vanilla ice cream replaces the whipped cream and a raspberry syrup is used, the dish becomes "peach melba."

Delicata in Brown Sauce

Delicata is a variety of summer squash that is good through the fall and early winter. It may also be cut in cubes or strips (half-inch thick) and canned. For a pint of cubes (cooked tender, but kept in whole pieces), melt three tablespoonfuls of fat; in it cook two slices of onion, three of carrot, and five of celery until delicately browned; add four tablespoonfuls of barley or rye flour, and cook until the flour is browned somewhat; add one cup and a fourth of beef broth and stir until boiling; strain, add half a teaspoonful of salt, one-fourth a teaspoonful of paprika, a tablespoonful of Worcestershire sauce or mushroom catsup, and the cooked squash; serve very hot. The squash may also be turned into a well-greased dish, covered with buttered cracker crumbs and browned in the oven.

Creamed Cauliflower, Conservation Style

Cut two or three white turnips in even slices three-fourths an inch thick, then cut the slices in even cubes. Set to cook in unsalted water; when nearly tender add a little salt. Break a cauliflower in flowerets and trim each neatly. Boil in salted water until done. Drain both vegetables. For each generous pint of the combined vegetables, make a scant pint of cream sauce, adding two or three tablespoonfuls of grated cheese at the last. Dispose the sauce and vegetables, in alternate layers, in a greased baking dish; sprinkle one-fourth a cup of cracker crumbs, mixed with a tablespoonful of melted fat over the top (the first and last layers should be sauce). Bake until the crumbs are browned.

Fresh Fish Salad

Separate boiled or baked fish into flakes while hot. For a pint of fish, cut six olives in thin, lengthwise shreds from the stone; to them add a tablespoonful of capers, a teaspoonful of onion pulp (cut an unpeeled onion in halves, crosswise, and with sharp knife scrape pulp from the cut surfaces; the onion skin will protect the fingers), half a teaspoonful of salt, a tablespoonful of lemon juice, and two tablespoonfuls of olive oil; mix; then pour over the fish; lift the fish with spoon and fork to mix the ingredients without crushing the fish; let stand in a cool place till ready to serve. Serve on lettuce hearts with mayonnaise in a bowl; garnish the fish with pickled beets.

Stuffed Beet Salad

Select beets that will stand level; cut out a round from the top of each, then scoop out the centers to leave hollow cases. Set the prepared beets aside an hour or two in a little weak vinegar, or in a little French dressing. To fill the centers, chop, fine, cabbage, celery, olives, nuts or a mixture of these. Or, cut, fine, canned asparagus tips or string beans, or use canned peas. Season with French dressing. After the beets are filled decorate the top with a figure cut from thin slices of beet, removed previously. Use the rest of the beets, chopped or shredded, as a garnish for string bean, potato, dried Lima beans or other vegetable salad. Chopped beets are also an appropriate garnish for a fish salad. Season the beets with French dressing, to which onion juice has been added.

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Well-Balanced Menus One Week in January

SUNDAY

Breakfast

Cream of Wheat, Top Milk
Canned Corn Griddle Cakes, Dry Toast
Cocoa Coffee

Dinner

Fricassée of Fowl, Sweet Potatoes, Baked
Canned Corn Fritters
Lettuce and Home-Canned Asparagus,
French Dressing
Parker House Rolls (reheated)
Canned Raspberry Juice Sherbet
Potato Flour Sponge Cake

Supper

Oysters, Florentine Style
Parker House Rolls (reheated)
Canned Pears
Tea

MONDAY

Breakfast

Quaker Oats, Top Milk
Broiled Honeycomb Tripe
Creamed Potatoes
Baked Apples
Cornmeal Muffins
Coffee Cocoa

Luncheon

Canned Swiss Chard-and-Cheese Loaf,
Cream Sauce
Baked Apple-and-Raisin Dessert
Hot Gingerbread

Dinner

Chicken-and-Rice Pilau,
Tomato Sauce
Home Canned String Beans, French Dressing
Buttered Carrots
Rye Bread Canned Squash Pie

TUESDAY

Breakfast

Hulled Corn, Top Milk
Homemade Sausage
Fried Apples
White Hashed Potatoes
Coffee Dry Toast Cocoa

Luncheon

Dried Lima Beans, Stewed
Graham Bread
Carrot Marmalade
Cinnamon Toast
Cottage Cheese Tea

Dinner

Broiled Fresh Fish,
Drawn Butter Sauce with Capers
Boiled Potatoes
Canned Beets Stuffed with Cabbage
Graham Bread
Canned Pineapple Cookies

WEDNESDAY

Breakfast

Cornmeal Mush, Grated Cheese
Dry Toast Milk
Waffles, Syrup
Coffee Cocoa

Luncheon

Potato Chartreuse, Surprise
Scalloped Tomatoes
Lemon Pie

Dinner

Broiled Beef Tenderloin,
Maître d'Hôtel Butter
Broiled Sweet Potatoes
Canned Peas
Canned Peach, Supreme
Half Cups Coffee

THURSDAY

Breakfast

Cream of Wheat, Top Milk
Fresh Fish Cakes (left over Chartreuse)
Baking Powder Biscuit
Coffee Cocoa

Luncheon

Cream of Corn Soup,
Crouton Sticks
Cocoanut Cake
Home-Canned Cherries

Dinner

Corned Fore Quarter of Lamb, Boiled
Boiled Turnips
Boiled Potatoes
Boiled Cabbage
Cornstarch Blancmange,
Banana Compote
Half Cups Coffee

FRIDAY

Breakfast

Puffed Wheat, Top Milk
Sardines on Toast, Brown Sauce
Teco Griddle Cakes
Coffee Cocoa

Luncheon

Oysters, Florentine Style
Ryemeal Biscuit (yeast)
Squash Pie

Dinner

Canned Corn Chowder
Shrimp Salad
Lady Finger Rolls
Canned Strawberry Juice Sherbet
Cocoanut Cake
Half Cups Coffee

SATURDAY

Breakfast

Cereal, Top Milk
Boston Brown Bread Toast,
Cheese Sauce
Doughnuts
Coffee Cocoa

Luncheon

Onions Stuffed and Baked
(bread crumbs and nuts)
Cream Sauce
Canned Spinach (reheated)
Creamy Rice Pudding
(raisins)

Dinner

Lamb Rechaufée
(tomatoes, macaroni, cheese)
Asparagus-and-Carrot Salad
Wholewheat Bread
Prune-and-Raisin Pie
Cottage Cheese

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Menus for Light Luncheons

I

Oysters, Florentine Style
Lady Finger Rolls
Butterfly Salad
Toasted Crackers
Cottage Cheese Balls
Half Cups Coffee

II

Cream of Corn Soup, with Corn Timbale
Rye Meal-and-Wheat Bread Sticks
Cold Pickled Tongue
French Fried Potatoes
Lettuce and Cress, French Dressing
Peach Dessert, Supreme
Half Cups Coffee

III

Tomato-and-Chicken Soup,
Crouton Sticks,
Sweet Pickled Cucumber Rings
Fresh Fish Croquettes
Green Peas (canned)
Philadelphia Relish
Squash Pie
Cocoa

IV

Corn Chowder, Oysterettes
Radishes
Cinnamon Toast
Amber Marmalade
Tea

V

Cream of Tomato Soup, Croutons
Broiled Lamb Chops
Grilled Sweet Potatoes
Celery
Apples Cooked with Almonds
Honey Cookies
Tea

VI

Halves of Grapefruit
Crabflake Cutlets, Sauce Tartare
Parker House Rolls
Small Cottage Cheese Pies
Half Cups Coffee

VII

Chicken Broth
Bread Sticks Celery Hearts
Spinach-and-Cheese Soufflé,
Cream Sauce
Quick Yeast Rolls
Individual Charlotte Russe
(with fruit jelly)
Half Cups Coffee

VIII

Cream of Green Pea Soup, Croutons
Chicken-and-Celery Salad
Baking Powder Biscuit
Olives
Apples Baked with Raisins, and
Marshmallows
Whipped Cream
Half Cups Coffee

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The Message of the Hour

By Janet M. Hill

FOR the first time in the lifetime of this generation, at least, we of the United States are in a position to sense the full meaning of the term "food." The necessity of a well-balanced daily supply of food has never before been brought home to us with such force as today. As a people we have never known the real meaning of the word famine. Today famine, with pestilence, discontent and all the disorders that follow in its wake, is prevalent throughout the continent across the sea. Let us not be careless or indifferent to the needs of those who, through no fault of their own, are facing the rigors of this season, stripped of live stock, and without the harvests from land, formerly tilled, and food conserved for winter's need.

With the urgency of war before us, last season, a great impetus was given to the raising of pigs and chickens; cereal grains were planted profusely by all who could lay hold of tillable land; gardens were enlarged, cultivated intensively and made to produce luxuriantly; housekeepers, children's clubs, community kitchens and factories canned and dehydrated the surplus of these wholesome, but perishable products, thus putting a large number of families in a condition to live bountifully and well, largely on their own resources. We did this, not from compulsion, but because it was deemed necessary to the right ending of the war.

This object has been attained, but our duty is but half-done; from our comparative abundance we must succor those otherwise doomed absolutely to anarchy and death. The four staples, cereals, meats, fats and sugar must be used by us in moderation, that more of them may be sent to those who have nothing on which to sustain life. This inflicts no hardship on us, for our store rooms, well stocked with the gleanings of the summer, more than make good any necessary cutting down in staples. The leaves of spinach, chard and beet tops, or succulent green peas, now stored in cans, drew, in growth, from sun and soil, the compounds that make them real *protective* foods. Use these with milk, cottage cheese and fish, also potatoes, onions and squash, and one need not worry for fear her family is not well fed.

Though the canning season is practically over, in many families, half-pint and pint, yes, even quart cans, may be refilled with celery, squash, broth from roast fowls, etc. Your family may not need these things, but you will know of some one who will be able, by use of them, to get along with less of the staples. Red Cross bandages and knitting can now give way to more hours of work in the kitchen, and until one makes a real study of thrift and economy in the kitchen they know nothing of the possibilities that may thereby be accomplished.

Above a certain amount, money is of less consequence in the kitchen than are intelligent care and use of the foods at hand. The apple parings and cores, from two pies or a dish of apple sauce, will make a large glass of jelly useful in place of butter.

To be sure, thrift and economy may be called homely virtues, but let us not

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hasten to cast them aside till we are well through with this present crusade into which we lamentably entered so late. Outside of the accomplishment of this, our very present duty, it is well to cultivate these characteristics of thrift and economy until they become a part of our nature, for there will always be the hungry to feed. If he who makes two blades of grass grow where there was but one is a benefactor of mankind, what shall we say of the woman who can so handle her food supplies that what is bought for one family, largely, suffices for two? Or, the money, saved by thrift and economy in the kitchen, may, in happier times, be used to give greater variety in food or in recreation, sadly needed by many in the middle walks of life.

In the days before the war, leaders in domestic science felt misgivings about mentioning food values outside of the class-room. It was almost impossible to find an audience that had enough interest in the subject to concentrate their thoughts upon it. The subject receives better attention today. Large numbers of housekeepers now recognize that the one who selects the food for the day *and who limits the quantity supplied* must be well grounded in food composition and its uses. If she substitutes one food for another, she must know if the food values of the two articles are the same. She need not know the terms protein and carbohydrate, the stumbling block of the housekeeper long out of school, but if she will think of milk (fish, meat, cheese are in the same class) as the foundation of the supplies, one quart for each child, and one-third quart for each grown person, then add fat for the grown people, sugar enough to make food palatable, potatoes and one other vegetable (carrots, cabbage, etc.), cereal in one or two forms (as oatmeal and bread), a little fruit, fresh or dried, and be sure that some of each of these groups is provided daily, a good beginning has been made.

Thrift and economy in the kitchen mean painstaking treatment of supplies from start to finish; proper cleansing, right application of heat, proper care of left overs, all are included. In cooking, nutritive value and flavor are to be retained; flavor is to be intensified or added when absent; succulence and juiciness must be present; the food must taste so good that the gospel of the clean plate needs no teaching.

The time is coming when no young person of either sex will be considered well educated who is not conversant with the composition of foodstuffs and their uses in the body, and who does not know why cleanliness is ranked next to godliness. An elementary training in the principles of food and dietetics is quite as important as skill in the use of the multiplication table, and both should be taught at the same age. The girl whose school days end with the grammar grade has not been started in life properly unless she can classify all the food products found in the market, and get good results on her cook-stove.

Of late work in many school kitchens has been given a forward impetus, which should be broadened to cover the whole country. Good results in canning and drying food have been widespread, but the general work in cookery should be much enlarged. Conditions vary with the school and the work done in one school may not be adapted to others. In a certain high school a given number of classes prepare, as their daily lesson, the food served for the noon meal (luncheon) to the several hundred pupils, while other classes prepare a three or four course dinner, at a cost of about twenty-five cents each (wholesale), daily, for the thirty-five teachers of the school. The food values are worked out and this, with the lesson in regulating the cost, makes the work of inestimable value to these girls. In a grammar school five pupils are allowed, each day, to prepare a dish to take home with them. The pupils, in this latter case, pay for the materials at wholesale prices, thus while they get experience their families are supplied a wholesome article of food at a less price than they could buy the materials at retail.

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"Little Things"

By Blanche Theodore

I HAD the baked apple of my life the other night in a restaurant. I know it sounds incredible, and yet it came on luscious, mellow, the slightly browned skin curling enticingly from the "meat" of the apple, which looked for all the world like flaky snow with tiny crystals of ice sprinkled over it! Sounds good, doesn't it? Quite foreign to the usual run of baked apples, the skin of which sometimes resembles parchment, the interior nothing which in any way pleases the palate. And this wonder apple distinctly did please the palate. The particles, which resembled tiny crystals, were sugar, glazed by the cooking process. And it was warm; showing that, wonder of wonders, it had not been baked last week!

As I ate it I thought of all the baked apples I had eaten, not only in restaurants, but in private homes, and I was forced to confess that even in private homes seldom had I seen such an apple as I was eating. Was it because housewives were careless, that because an article of food was simple and easily prepared they took no time over it?

Wishing to see the proprietor of the restaurant, whom I knew, and remembering that baked apple, I went back to that same restaurant for my dinner. I will say nothing about that dinner, the toothsome roast lamb with the rich brown gravy, the unbelievably flaky mashed potatoes, because I want to get at the point of my story, my interview with the chef. I persuaded my friend to let me see him after the rush hours were over. And this was what he told me apropos of the "simple things that were spoiled just because of their simplicity."

"I have always said the despised things, like the hashes and the bread puddings, could be made as delicious as the most complicated dessert," he said, similingly, as I asked him rather eagerly about the apple. "It was only when I went into several private homes and tried to eat their unpalatable baked apples, that I realized that might also be added to the list. It is only that it takes a little more time, and, if you want to be fancy for the home, a little more material, that the majority of people do not see the possibilities of the baked apple. In a home I would core the apple and peel it, not as I did for the restaurant, but one-third of the way down. Then I would put it in a saucepan with two good tablespoonfuls of sugar and not quite half a cup of water. This much water and sugar for each apple, for of course you will have more than one. Then I cover and cook until tender, but not until broken. Then I take them gently from the saucepan and put them in an open pan, like a dripping pan, pouring the syrup around them and sprinkling with granulated sugar. Then I put them in a hot oven, but I watch them jealously, so as to allow the sugar, which I have sprinkled on them to glaze, and maybe to brown a trifle. Then, of course, I take them off to cool and serve. They make, I assure you, an incomparable dessert. In the home I would serve cream with them; and sometimes I would stuff their cores with chopped nuts or raisins."

"But you spoke of something else," I said hastily, looking up from my note book, "of hash and bread pudding, I believe. Will you not tell me something of those, also?"

"A recipe my grandmother gave me," he said whimsically, "has made my children long for bread pudding night, as most children abhor it. It cannot be made in the restaurant, as the REALLY BEST apple cannot be made, because of the lack of time. All I can really achieve, with the apple, is the perfect cooking. I cannot serve the thick syrup that can

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be used in the home, nor stuff its core with raisins. But as to the pudding: I soak one slice of bread about an inch and a half thick, broken, in cold water until soft. Then I drain the water from it, squeeze dry and crumble to bits. I scald three cups of milk, add three quarters a cup of granulated sugar, a tablespoonful and a half of butter, a generous pinch of salt, and the yolks of three eggs, well beaten. I pour this over the crumbled bread, beat well, and add flavoring. I then grease a pudding dish, pour in the mixture and bake in a moderate oven forty minutes. This will make a dish for a family of five or six. If there are only two in the family the recipe had better be halved."

"But the flavoring?" I asked.

He smiled.

"My children like chocolate," he said, "so the flavoring in my home is usually chocolate. But you can have vanilla or nutmeg, or you can use half a cup of cocoanut, or a cup of raisins. We usually, as I said, use chocolate; my wife dissolving three squares of the unsweetened in not quite half a cup of boiling water, and adding it to the milk. Of course, with the whites of the eggs you make a meringue for the top of the pudding."

"And the hash?" I said eagerly.

He smiled again.

"Hash is another very appetizing dish," he said, "if prepared properly. But the secret of good hash is care spelled with capital letters. Every smallest piece of bone, gristle or skin must be removed from the particles of meat, or the hash will be tough, as we so often find it. Then the meat must be chopped fine, but not put through a meat grinder, or any other process that threatens to reduce it to a paste; each particle of meat should be separate and distinct. Then when this is chopped thoroughly, an equal amount of boiled potatoes must be added, and, if you like the flavor, a small onion, chopped fine, or if not that, then half of a green pepper without the seeds, and a little catsup.

Mix the meat and potatoes together and sprinkle with salt, pepper and paprika. Before putting the hash into a frying pan, melt a tablespoonful of butter in the pan. If the mixture is very dry, a little milk can be added or a little stock. Stir frequently, till the mixture is heated thoroughly, and then pat down and draw it to a less hot place on the range. Cook slowly until one side is a golden brown, and then fold over as you would an omelette and serve immediately. Be sure and have catsup on the table. I'll guarantee, if you follow these directions, you'll have hash you never tasted before."

And remembering the baked apple, I mentally agreed. I already felt the shameless desire for hash and bread pudding.

I have had the apple!

The Birth of the Sandwich

O List! My teacher and my friends!
'Tis of the Sandwich that I sing!
Invaluable to lunch and tea,
A tasteful, artful, dainty thing!

Full many a year has seen its sway,
Upon the tables most élite,
And could we look, we'd find it in
The pails of workmen on the street.

It was a rough, but noble Earl,
With "Sandwich" trailing aft his name,
Who ate the father of this race,
Which now his lordship's title claim.

The Earl, he was a gaming man,
And gaming, ne'er of eating tho't,
So oft at dinner, and at tea,
His board and family knew him not.

And so when in the dining hall,
His loving family did convene,
They sent him up, with pitying sigh,
"Two slabs of bread with meat between."

Upon this principle were based
All sandwiches beyond that time; —
May Charity her curtain drop,
In pity on this limping rhyme!

— *Dorothy A. Braden.*

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R Stands for Oysters

By May Belle Brooks

THESE are the months when housewives, who follow tradition, are wont to put the plump sea food to work in their campaign of using less meat. Although oysters contain a large amount of water, their protein content is sufficient to class them as meat substitutes, the deficiency in fat and carbohydrates being made up by the foods usually served with them. A rich sauce and a bread stuffing is a favorite accompaniment for supplying the missing elements.

The oyster is suitable for any meal of the day, or night, we might add, since, as an after-the-theatre tidbit it has long held prominence. A delicate way to prepare them in the chafing dish is to cook them in cream, allowing one pint of the cream to one pint of oysters, until the latter rise to the top. Lift them out and thicken the cream with a tablespoonful of flour, wet with a little cold water; add salt and pepper and a sprinkling of celery salt, replace the oysters, and when hot, serve on toast or crackers. Less expensive are creamed oysters, made by pouring one quart of them, liquor and all, into a pan and allowing them to cook until the edges curl. Lift out the oysters and add one pint of milk to the liquor. When it reaches the boiling point, add a thickening of flour and water, a heaping teaspoonful of butter and salt and pepper. Return the oysters to the sauce and serve on dry toast. Canned milk may be used in place of cream in these recipes.

An oyster toast, that is good for either breakfast or supper, consists of a dozen and a half large oysters, drained and chopped fine. Beat two eggs light; add one-half cup of cream and combine with the oysters. Stir over a moderate blaze until thick, season with salt and paprika and pour at once on buttered toast.

An oyster salad is appetizing and may be served hot or cold. Parboil one pint of solid oysters, drain and combine with one pint of diced celery. Make a dressing by cooking in a double boiler two beaten eggs, one-fourth cup, each, of cream and vinegar, one-half teaspoonful, each, of mustard, celery salt, and salt, a dash of cayenne, and one teaspoonful of oleomargarine; serve on a lettuce leaf or on crisp crackers.

Dressed with the following sauce, oysters are epicurean. Cook four tablespoonfuls of flour in two tablespoonfuls of hot fat, until blended. Dissolve one cube of beef extract in one pint of boiling water, and add to the roux, stirring until thick. Add six mushrooms, chopped fine, or use the liquor from one can, and one cup of canned milk. When it has boiled about three minutes, stir in one and one-half tablespoonfuls of lemon juice, one teaspoonful of Worcester sauce, the same of anchovy paste, and salt and pepper to taste. Parboil and drain the oysters before pouring this sauce over them.

Long cooking toughens the oyster. To make a good stew they should not be added until the last. The old-fashioned oyster soup, that has never lost caste, is made by draining one pint of oysters, and adding the liquor to one quart of milk. When it reaches the boiling point, add one teaspoonful of salt, one-fourth teaspoonful of pepper, one tablespoonful of butterine, and one tablespoonful of cracker crumbs. Drop in the oysters and boil one minute.

Fried oysters, too, have the backing of generations, but modern cooks maintain that the twice-cooked oyster is the oyster supreme. They should be drained and dried on a towel, then dipped in beaten egg and cracker dust, and dropped into hot fat as usual, but left in the fat only long enough for a pale brown color to develop, when they should be removed and drained on a piece of brown paper.

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When all the oysters are thus partially cooked, begin all over again to drop them in the hot fat, where they may remain until brown. They will puff to twice their normal size. As a substitute for egg in dipping the oysters, many cooks sift half a teaspoonful of baking powder in the cracker crumbs, and dip the oyster in milk before rolling in the crumbs. Baking powder is also added to the crumbs for scalloping oysters. Philadelphia fried oysters are made as above, except that after rolling them in crackers the first time, they are dipped in thick mayonnaise, then in the crumbs again.

Oysters may be combined with a bit of left-over meat into delicious croquettes. Use one-half pint of raw oysters, the same of cold meat, both chopped fine. Soak three tablespoonfuls of cracker crumbs in the oyster liquor, then mix with the meat and oysters, adding also one tablespoonful of fat, melted, the yolks of two eggs, and one tablespoonful of onion juice, made by rubbing an onion over the grater. Shape and dip in egg-and-bread crumbs and fry as usual. As a war-time economy, croquettes may be dotted with a bit of butterine and baked in the oven.

Oyster force meat for stuffing vegetables is new. Chop one dozen large oysters and mix with one pint of stale bread crumbs, three tablespoonfuls of drippings, one teaspoonful of salt, a dash of red pepper, a teaspoonful of minced parsley, one-fourth teaspoonful of nutmeg, one tablespoonful of lemon juice, three tablespoonfuls of oyster liquor. In more prosperous days, one egg may be added, but it may be omitted.

Oyster biscuit is a hearty supper dish. Make biscuits after any good recipe, and just before serving, split and fill with the following mixture. Boil one quart of oysters in their own liquor one minute. Remove the oysters, and thicken the liquid with one tablespoonful of flour and two tablespoonfuls of butterine. Add one-fourth cup of cream or canned milk, salt and pepper and the oysters. Garnish each biscuit with a thin strip of broiled bacon.

Dear Genevieve

All of the foods you lyrically long for
  Often are served at our humble board:
Some of them we are especially strong for,
  Calling them perfect, with one accord.

Quince and plum jelly, and clover honey,
  Biscuits of feathery, melting white;
Butter all golden and marmalade sunny —
  Join us and eat to your heart's delight.

Country-style sausage with sweet potato,
  Hot, crisp buckwheats, blackberry jam;
It would take Shakespeare, Dickens, Plato,
  To tell you just what a cook I am.

Thirteen years, come next February,
  Nora, the cook, declared a war;
My patience gone, it was necessary
  To show her out at the kitchen door.

Since her leaving, I've proof that's ample
  Of gain in pleasure, in peace, in pelf.
Wouldst eat good meals? Follow my example,
  Rule the kitchen and cook 'em yourself!

— *Iris.*

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Fruits and Vegetables Average Ninety Per Cent of Water

WHAT ITS ELIMINATION BY DEHYDRATION MEANS TO THE FARMER AND THE HOUSEWIFE

By Robert H. Moulton

FOOD conversation and food conservation are occupying the tongues and minds of so many people today that it is a bit of a shock to realize that some important features of the national campaign in American homes are not new at all, but only going back to the days of our grandmothers, when farmers lived independently on their farms, conserving the fruits of the summer and autumn for the lean months of winter. In those days there was no grocery store around the corner, and no telephone by which the housewife could order canned vegetables and out-of-season fruits.

There are thousands of men and women who can still remember the attic in the old farmhouse, with its strings of dried apples, peaches and snap beans, and to them there is nothing unusual in the exhibits of dehydrated fruits and vegetables shown nowadays. To be sure, grandmother didn't call them dehydrated, but it's the same thing, and perhaps because it is the same thing — something homely and understood, without scientific names attached — more people have been drawn to see these exhibits.

With the enormous increase in size and number of cities, during the past century, the problem of winter sustenance has assumed tremendous proportions. It has been met by elevating to the first place of importance a method of food preservation that had always been of least value — exclusion of air. The tin can and the glass jar are inventions which made this possible, and without them, modern city life, if not actually out of the question, would have been vastly more difficult. If one will but try to conceive what his mid-winter menu would be like, stripped of all the articles that come to him in glass or tin, he will hardly question any estimate which we may feel inclined to make as to their importance in the civilization of today.

With all due allowance for their undoubted benefits, however, the tin can and the glass jar have not shown themselves altogether free from reproach. They must shoulder full responsibility for the growth of the factory system of food production, which, at its best, falls short of being an unqualified boon to the consumer. Then, too, neither is an ideal receptacle for food. Yet, if food is to be so treated that the container must be water-tight, there seems no substitute. Accordingly the alternative is presented of putting up with the tin can and the glass jar, with all the defects which we perceive them to have, or of making a change in our methods of food preparation which, if the skill of our cooks be sufficient to prevent the concrete results from marking a revolution when they come to the table, will inevitably mark a revolution in the factory and the kitchen.

The conditions arising from the war have operated to make this alternative much more critical than it would otherwise have been. And the weight of expert opinion is emphatically that we are about to decide in favor of a revolution, that we are about to institute a change in our mechanism of food supply more fundamental in its nature, and more far reaching in its results than anything since the invention of the tin can itself. We are going to discard the whole elaborate system of preserving our food in

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condition to eat; instead of wetting it down and cooking it before preservation, we are going to dry it out thoroughly, and in all but a few cases preserve it raw. Dehydration is the word; and unless a very large array of food experts — in governmental, commercial and educational circles alike, and among the mere consumers, too — are mistaken, it represents a process that has come to stay.

Several systems have been put forward, here and abroad, for preserving food by removing the water. Dehydration, however, it is to be emphasized, does not involve the removal of every vestige of water, until the residue is truly dry in the chemical sense. Such treatment would destroy the typical structure of the vegetable, so that, upon wetting and cooking, dried onions might, to be sure, taste like onions, but would look neither like onions nor like anything else. Dehydration contemplates that from 5% to 10% of the water originally present be allowed to remain. This is enough to maintain the characteristic structure, so that, after wetting and cooking, any dried vegetable looks and tastes exactly as it should look and taste, and yet not enough to form a basis for bacterial growth. When damp air is excluded, dehydrated vegetables will keep good indefinitely.

The process of drying fruits and vegetables in the home, on the farm, is very simple. Apples and similar fruits may be deprived of their skins, placed in a thin layer on a clean, dry board and set out in the sun. The drying usually takes two days, the fruit being turned at the end of the first day. The sun-drying method was the one most frequently used by our grandmothers. They usually had specially designed trays, which were protected from insects by fine netting.

Similar trays, with a bottom of screen instead of wood, can be used for indoor drying. These trays are suspended over a gas or oil stove, and the heat from cooking may thus be utilized. Cook stove driers, made of galvanized iron, can be used for preserving small quantities of food, the tray being placed in a slow oven and the door left open, if the heat is too great. Driers on this order are on the market today, and can be purchased in almost any hardware store.

Still another method is to make use of an electric fan, which blows the heated air from a lamp over the food.

In addition to these improvements over our grandmothers' methods, the modern food conservationist is branching out with experiments on all sorts of food. Sweet corn, dry or snap beans, lima beans, dry, shelled beans, okra, peppers, pea, garden beets, onions, leeks, carrots, turnips, cabbage, spinach, parsley, beet tops, rhubarb, celery, potatoes, sweet potatoes, cauliflower, pumpkins, squash, apples, pears, quinces, raspberries, peaches, plums, apricots and cherries are among the vegetables and fruits which it is practicable to preserve by drying according to the methods of the modern food conservers.

In the country many of these vegetables and fruits may be kept in root cellars without drying. In the city, especially, the drying of fruits and vegetables will prove a great saving. The city woman can buy her food supplies in the season, when they are cheap, and dry them for use in winter months, when prices are high.

The dried fruits take up much less space than do the canned products. Then, if the drying has been carefully done, there is less loss from spoiling or breakage of cans and jars. It has an especial advantage, too, where food is to be preserved for transportation. Dried fruit takes up less space than canned fruit, and is not easily damaged. Another advantage of this method is that even the smallest quantities of left-over fruits and vegetables can be preserved — a small quantity each day — and kept for winter use. Many housewives really prefer the dried sweet corn to the canned variety.

Another reason for drying fruits is the high cost of sugar. A great deal of sugar is required for preserving. Especially is

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this true with very acid fruits, such as currants, gooseberries, and the more acid varieties of apples. Dried fruits require no sugar, and if properly preserved retains much of its natural flavor, when it is cooked.

Even cooked leftovers can be utilized. Potatoes, for example, are run through an ordinary meat grinder into strings and then dried.

Generally it is not desirable that the air temperature, in drying, should go above 140 degrees, and it is better to keep it below this point. If the drier is too hot, the fruit dries on the outside, covering the juicy interior, so that it cannot dry out.

From one-eighth to one-fourth inch is the proper thickness for slicing most vegetables. If the slices are too thick, they do not dry easily, and if they are too thin, they dry too much and lose flavor. Of course, it is understood that both fruits and vegetables must be washed perfectly clean before being dried. Patented potato peelers, and vegetable slicers are the best things to use, but ordinary kitchen knives will do the work if care is taken.

For storing the dried fruits and vegetables tin cans and glass jars are best, although pasteboard boxes, with tight covers, stout paper bags or parrafine containers may be used. The food should be kept in a cool, dry, well ventilated place. In a humid atmosphere, where this is impossible, it should be stored in moisture-tight containers. This will prevent moulding.

Before cooking, dried fruits and vegetables must be soaked a number of hours, from six to twelve, when they will resume normal proportions and natural flavor.

How the House Fly Winters

THE United States Bureau of Entomology has recently investigated this subject with considerable pains; and while the conclusions are to a certain extent purely negative, it is established that the fly may winter in either of two ways. There may be continued breeding throughout the winter in warm places, where both food and refuse material for oviposition are available; or survival from season to season may be in the larval and pupal stages, in or under large manure heaps.

There is no evidence to show that the house fly can, or does persist as an adult from November to April, either outdoors, in protected stables, in attics, or in heated buildings. Temperatures of twelve and fifteen degrees Fahrenheit are quickly fatal, and there is reason to believe that anything below freezing is fatal if continued long enough.

But individual longevity is not adequate to reaching over the winter in any event. If flies find access in the autumn to heated buildings, where both food and media for deposition are available, such as animal houses or restaurants, in which attention is not given to the disposal of kitchen and garbage wastes, they will continue breeding throughout the winter. In such cases the flies present in March and April are the descendants, not the survivors, of those which found their way to the place the preceding fall. It is suggested that this method of overwintering is far more widespread than is realized, especially in cities, where hordes of flies that appear late in May indicate the presence of several such foci.

Which method of overwintering is the more common cannot be definitely stated; but it appears certain that only a small percentage of the larvae which are present in manure heaps in the autumn live through the winter, and give rise to adults in the spring. Of course, in no other surroundings would such survival be possible at all, on grounds of temperature. — *Scientific American.*

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Contributions to this department will be gladly received. Accepted items will be paid for at reasonable rates.

Inexpensive But Novel Entertainments

AT Christmas one naturally thinks of scarlet and green as the most appropriate colors.

The centerpiece may be the "Winter Garden" bowl of berries and ferns. The country person may walk to the woods and gather tiny spruce or pine trees, or even princess pine. Place them in tiny red flower pots, and hang with partridge berries. Perhaps one might find checkerberry plants. So much the better, — use them instead. Then, too, there are always the alderberries to use with evergreen. The city person, of course, would be able to buy holly at this time very reasonably. The menu for the dinner may be:

Soup:

Cream of spinach, which was canned in the previous summer, in which are cut strips of pimiento.

Roast:

Turkey garnished with strings of cranberries and bunches of parsley, grown in the kitchen window box.

Entrées:

Mashed potatoes, buttered beets, stuffed olives, currant jelly.

Salad:

Tomato jelly on lettuce leaf; crackers.

Dessert:

Cranberry tarts — black coffee.

The Spanish colors of carmine and yellow are suitable for a supper on Columbus Day. In the center of the table construct a miniature "Santa Maria" of cardboard, and fill with red and yellow chrysanthemums culled from the autumn garden. The brass candlesticks might have yellow silk covered with black lace shades, and hung with tiny red tassels or balls. The suggestive menu is:

Tomato and eggs, Spanish style, served from a brass or copper chafing dish.
Saltines.
Pimiento and cream cheese salad.
Peaches topped with whipped cream and a maraschino cherry.
Gold cakes, frosted in red.

For a summer luncheon, white and gold is cool and refreshing. Place a low, flat opalescent glass bowl in the center of the table, and fill with water lilies. If the lilies are out of the question, try a few common dandelions. Dig up one large plant, on which are several blossoms and buds. Gather either the lilies or the dandelions the evening before, and they will open with the morning sun.

Luncheon menu:

Corn custard à la Southern.
Squash muffins, butter.
Lemon gelatine with whipped cream.
Orange straws, almonds.
Tea.

One can always find a way to decorate with red hearts for valentines, and the place cards may be cut in forms of cherry trees for Washington's Birthday. Perhaps you have some cardinal geraniums in blossom. Now is the time to use them.

The dinner is:

Tomato soup, corn crackers.
Creamed crabmeat in rice border.

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Pickled beets, the small ones canned in the summer.
Lettuce and strips of pimiento salad.
Open tarts, filled with preserved red plums. Black coffee.

The tarts for Washington's Birthday should be filled with cherries.

In May or June there is the delicate pink and green of apple blossoms, or the arbutus, to start the color scheme.

Try for a menu:

Cream of beet soup. There are still beets in the cellar, and these may be cooked until tender in the fireless, and then mashed and strained.
Salmon cutlets, new peas.
Mashed potatoes, gherkins.
Asparagus and egg salad. After boiling the eggs, peel and let them remain in the beet juice until tinted the color desired.
Individual strawberry shortcakes.
Black coffee.
Wintergreen and mint wafers.

Why not have a children's party in November? A squatty pumpkin with a heavy stem may be made into a house.

Hollow out the center, cut doors and windows and place candles inside. Let the smoke escape through the stem. Dress two dolls as "Peter, Peter Pumpkin Eater," and his wife, and let one stand inside the cottage at the window, and the other at the door. The children will be delighted with it. A simple menu is:

Chopped chicken or egg sandwiches.
Orange cups, filled with orange gelatine, with white of egg, beaten stiff, on top.
Vanilla cookies.
Buttercups. Velvet kisses.

April, the month of showers and of rainbows, is an excellent time to try a Rainbow Luncheon. It might also be an engagement announcement. Set the table for six or multiples of six. From each plate carry one color of the rainbow to the center, where is found the pot of gold. A many hued jar of "Gay Head" pottery would be excellent. Each ribbon is fastened to a ball of gold tinsel, inside of which is written the two names of the engaged, or pasted their photographs. On the place card paint a rainbow with a pot of gold at its end and print underneath:

"At the foot of the rainbow lies a pot of gold,
So we are told by a legend old!
Follow *your* rainbow to where it leads,
Just a little care is all one needs.
Within the jar lies a tiny nugget,
For each one here, if she'll but tug it,
Pray open wide its heart of gold!"

Spring menu:

Clear consommé.
Chicken croquettes, minced carrots, potato balls.
Spinach and sliced tomato salad, cheese crackers.
Vanilla ice cream with pineapple sauce.
Black coffee.
Candied rose and violet leaves.

All of the foregoing suggestions have been successfully carried out by a person of limited means. Of course, there was more or less time spent on them, but if one hasn't money, one must spend one's time, and the personal touch in hospitality is the one that counts. A. C. S.

* * *

How to Keep Honey

IN using honey as a substitute for sugar, the housewife may encounter some difficulty through lack of knowledge in storing this product, according to the *American Food Journal.* Housewives usually put their honey in the cellar for safekeeping, probably the worst possible place, as honey absorbs moisture from the atmosphere, and will become thin and in time sour. Comb honey kept in a damp place will be hurt in appearance, as well as in quality. A practicable rule is to keep honey in any place where salt remains dry. If honey has granulated or candied, put the can containing it in a large vessel holding water, no hotter than the hand can be borne in. If the water is too hot, there is danger of spoiling the color and ruining the flavor of the honey.

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The can of honey should be supported on a block of wood in the vessel of water, so that the heat from the stove will not be too intense. G. H.

* * *

The Food a Boy Requires

THE estimate of Atwater, and other physiologists, as to the amount of food required by boys of ten or twelve years of age, were based upon the supposition, or rather guess, that boys of the ages mentioned required half or two-thirds as much as a grown man. Recent investigations of the subject by Du Bois have, however, thrown a new light upon this subject. Du Bois has shown that the cell activity, or metabolism, of the boy of twelve is 25 per cent greater than that of man, and, according to Lusk, "The basal metabolism of an average boy of thirteen years of age, weighing 80 pounds, and of a height of 4 feet 10 inches, may be calculated at 1,525 calories a day. This is the same as that of a man twenty-five years old, weighing 126 pounds, and 5 feet 2 inches tall. All of this means that a growing boy of twelve or thirteen may need as much food as his father."

* * *

Food Prices of Two Wars

WAR food prices are high, of course. Those who feel that a kick is coming on that account may find scant comfort in the following diary entry from the housekeeping accounts kept by Mrs. Frank Betts Latham of Greene County, N. Y., in 1864, the third year of the Civil War:

5 lbs. sugar	$1.50
2 lbs. rice	.28
½ lb. tea	.90
½ lb. black pepper	.30
½ gal. kerosene	.75
½ gal. molasses	.69
1 lb. crackers	.20
2 lbs. raisins	.65
2 lbs. cheese	.65
2 lbs. coffee	$ .90
1 sack flour	4.00
5 lbs. coffee	2.25
1 lb. butter	.59

—*The Caterer.*

* * *

IN France 50 per cent of the people's diet is bread, in Italy 42 per cent, in England 37 per cent, and in this country about 27 per cent. With this knowledge in mind it is simple enough to understand how important it is that the bread you serve be the best your kitchen can produce, or the market afford, and still, strange as it may seem to the outsider, less attention is paid by the average restaurateur to the bread he serves than to any other article on his table.

Until the outbreak of the European War, bread was so commonplace that no charge was made for it.

The invariable subject was being discussed in a tramcar between two men. Said the first: "I get on with everything bar the meat, and that's mostly too tough for me to manage."

"The meat's all right at our house," rejoined the second; "they learned my gel cookery at school, and she gets the meat quite tender in a French cooking pot they call a camisole."

—*London Food and Cookery.*

* * *

Swiss Watches Will Mark 24 O'clock

The 24-hour clock is to be introduced into Switzerland.

"The Swiss Federal Council, under date of April 19, 1918, has decreed that the Swiss transportation systems, the management of the telegraph systems, the customs service, the Federal Government works and the remaining institutions under Federal Government management shall, upon return to normal conditions, but not before May 1, 1919, establish the 24-hour day, numbering the hours from 1 to 24, beginning at midnight."

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To Save Food for America and Her Allies

New Course in "Conservation and Feeding the Family" Will Help Women to Carry Out Food Program of Nation

By Anna E. Richardson

ON every hand the women of America are being called to the service of their country. Effective service demands training. A large share of responsibility for aiding in the outlining of courses of instruction for such training falls upon the State and Federal Boards for Vocational Education. We are depending upon the woman in the home to save enough food to meet the needs of our allies, and those peoples in the territory being freed from enemy domination. Special vocational training is essential for this program, if it is to be put over as effectively as are other emergency programs.

The Federal Board, in co-operation with the Home Conservation Division of the Food Administration and the States Relations Service of the Department of Agriculture, has prepared a course of study in "Conservation and Feeding the Family," which is planned as a basis for instruction in part-time or evening schools and classes. The purpose of the course is to give practical, reliable instruction, based on present food conditions, which will train the home maker to follow intelligently, and most effectively, the food program of the nation. The importance of such training is evident when one considers that the food program for 1919 calls for a tremendous increase in the amount of foodstuffs to be shipped abroad, and the success or failure of this undertaking will be largely determined by the ability of the American housewife to save this amount of food for shipment, and at the same time maintain the physical welfare of our own country.

The course will consist of about 70 lessons, arranged in units of from 6 to 8 lessons each. The lessons provide for individual laboratory work, supplemented with demonstrations, discussions, and lecture work. Each unit is complete in itself, making it possible to meet the needs of various groups of women who may thus choose that part of the course in which they are most interested. The units are also so grouped that they form a consecutive course when used together, and may well be offered as a course of 144 hours for part-time instruction in food study.

To insure a wide use of such training for service, the following plan for development is suggested:

1. The public school authorities should encourage part-time and evening classes, designed to give instruction to a large group of women who are out of school.
2. The home economics directors of the state should be encouraged to use their representatives in organizing groups of women for this training. Agencies to be utilized will be the county food administrators and their assistants.
3. The home demonstration agents, who are already offering training for women along lines of vocational home economics, will find this course effective when working in communities desiring training in food conservation.

Through the co-operation of all of these agencies a better type of instruction and unified effort will be secured in undertaking the work in food conservation.

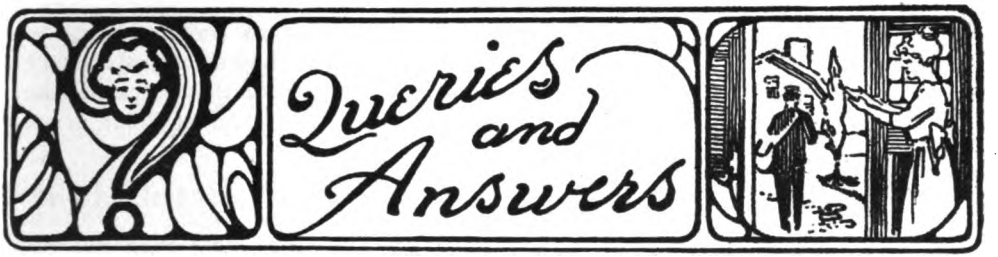
The first units of the course are now ready for distribution by the Federal Board, and are available for all who are interested in undertaking such instruction.

[These lessons can be obtained by addressing the States Relation Service of the U. S. Dept. of Agriculture. — Ed.]

* * *

Tea Room suggests dainty eating; Coffee Room suggests hearty eating; Quick Service Room suggests dyspepsia.

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THIS department is for the benefit and free use of our subscribers. Questions relating to recipes and those pertaining to culinary science and domestic economics in general, will be cheerfully answered by the editor. Communications for this department must reach us before the first of the month preceding that in which the answers are expected to appear. In letters requesting answers by mail, please enclose address and stamped envelope. For menus, remit $1.00. Address queries to Janet M. Hill, Editor. AMERICAN COOKERY, 221 Columbus Ave., Boston, Mass.

QUERY No. 4011. — "Few suggestions to give to a new maid on how to Lay the Table and Serve a meal."

Laying the Table

The various articles set in place for each individual at the beginning of a meal constitute "the cover." The plate, cutlery and napkin are set half an inch from the edge of the table. The plate occupies the center of the cover. The decorations of the plate (if any) should face the one to be seated before them. At the right of the plate, and near its outer edge lay the knife, the cutting edge towards the plate. At the right of the knife set the spoon, bowl upward, for cereal or soup (according to the meal). At the left of the plate set the forks to be used, tines upward, the fork first used farthest from the plate. At the left of the fork, or forks, lay a napkin. At the point of the knife set a tumbler for water, to the left of this a "chip" for butter, or, at breakfast, a bread-and-butter plate. Between each two covers dispose salt and pepper shakers. Two minutes before the meal is to be served, fill the glasses to three-fourths their height with water, and set butter in neatly cut or shaped portions in place on the dishes provided for it.

General Points on Table Service

Pass all dishes, from which food is to be taken, to the left of those at table.

Set down beverages (tea, coffee, etc.) at the right of those at table.

If extra forks, spoons, etc., are required, lay them down at the right of those at table.

To refill a glass with water, draw it towards the edge of the table, and return to place, having the hand near the bottom of the glass.

If a meal be served in courses, remove everything from the table pertaining to the course that has been served before articles for the next course are set upon the table.

In clearing the table for another course:

1. Remove food.
2. Remove used china, glass and silver.
3. Remove clean china glass and silver.

In bringing in another course:

1. Bring in the main dish of the course.
2. Bring in accessory dishes in the order of their importance.

After clearing the table for the sweet course, free the table of crumbs, using silver implements for a table covered with damask, a napkin and plate when the meal is served on the polished table top.

In clearing the table after the serving of the meat course, first remove the carving knife and fork with gravy spoon upon a tray, taking care to avoid marring, that each lies separately on the tray. Silver in vegetable dishes, etc., should be taken from the table in the dishes in which used.

Remove used plates with silver upon it, one in each hand.

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QUERY No. 4012. — "Recipes for Crab and Oyster Cocktails."

Oyster Cocktail

Set five or six oysters, each in the deep half of its shell, on a soup-plate holding crushed ice. In the center of the plate set a small glass holding about two tablespoonfuls of cocktail sauce. The oysters, taken up with an oyster fork, are dipped into the cocktail mixture. Occasionally the chilled oysters are set in a cocktail glass, and the sauce poured over them. This does away with the shells and ice.

Cocktail Sauce

Mix one teaspoonful of grated horseradish, six drops of tobasco sauce, half a tablespoonful of Worcestershire sauce, four tablespoonfuls of tomato catsup, one-fourth a teaspoonful of salt and a teaspoonful of lemon juice.

Crab Flake Cocktail, Atlantic Yacht Club

(Proportions to serve 18.)

One quart crab flakes, one pint tomato catsup, one pint chili-sauce, half a pint Major Grey's chutney, one cup celery, cut into small dice, one cup sweet gherkins, cut into small dice, one tablespoonful Worcestershire sauce, two tablespoonfuls French mustard, two ounces light-brown sugar, two tablespoonfuls tarragon vinegar, a little salt.

Mix all the ingredients; add the crab flakes, gently, and serve very cold, six hours after preparation. — *The Caterer.*

Crab Flake Cocktail

Chop, exceedingly fine, in a wooden tray, the white, inner stalks of a head of celery, a green pepper, from which the seeds have been taken, and the flesh of six olives. Mix the chopped ingredients through two-thirds a cup of mayonnaise dressing and one-third a cup of tomato catsup. Have ready rather more than an equal bulk of crab meat in flakes. Dispose a little of the sauce in cocktail glasses, sprinkle on crab meat and continue the layers, having crab flakes at the top. Serve as a first course at luncheon or dinner. Let stand an hour or more before serving.

Crab Meat Cocktail, Home Style

Use fresh or canned crab meat, Japanese crab flakes (canned), as sent out from the New England coast, are particularly choice. Set the cocktail glass, with one or two tablespoonfuls of cocktail sauce, in the center of small plates, surround with five or six tiny heart-leaves of lettuce, each holding a bit of crab flake. Flakes and lettuce are dipped into the sauce with an oyster fork. Very small sandwiches can be served with cocktails.

QUERY No. 4013. — "What make of coal Oil Stove will give good results in cooking in the West Indies?"

Oil Stoves

We have found the New Perfection oil store, with a Florence oven, gives wonderfully good results. Note that the oven is not the one usually sold with the Perfection stove.

QUERY No. 4014. — "Kindly publish recipes for use of 'Pie-melon.'"

Recipes for Pie-Melon Desired

We have been unable to secure pie-melon with which to experiment, and would be glad of a few recipes from subscribers accustomed to the use of this melon.

QUERY No. 4015. — "Should Vegetables be cooked in boiling salted water?"

Boiling Salted Water for Cooking Vegetables

All vegetables are set to cook in boiling water. The water is salted, except in the case of vegetables containing much woody fibre, as turnips, parsnips, onions; salt

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should be added to these a short time before the cooking is completed, to avoid hardening the fibres.

QUERY No. 4016. — "My recipe for Date Pudding is good, except that it is not as light as it should be. How may it be improved? The recipe is twelve butter thin crackers, rolled fine; one pound dates, chopped fine; three-fourths cup suet, chopped fine; two eggs, well beaten; one cup sugar, one cup sour milk, one-half teaspoonful soda, four teaspoonfuls brandy, one-half nutmeg, grated; steam four hours."

To Lighten Date Pudding

Try adding half a teaspoonful of soda, or one teaspoonful of baking powder. Possibly a little flour — perhaps half a cup — with the additional leavening may be what is needed.

QUERY No. 4017. — "Recipe for French Mustard."

French Mustard

Beat one egg; add one tablespoonful of sugar, three tablespoonfuls of mustard, three tablespoonfuls of vinegar, and one-third a teaspoonful of salt and mix thoroughly; then stir and cook over boiling water till smooth and thick.

QUERY No. 4018. — "Recipe for canning Hubbard Squash."

Canned Hubbard Squash

Prepare and cook the squash as for the table; drain, then press through a potato ricer. Pack in clean jars with a spoon and silver-plated knife, putting in as much as possible. Set the cans in a canner, steam-cooker or boiler, the covers beside them; cover the receptacle, and let cook one hour after boiling begins; uncover, stir down with the knife, taken from boiling water, wipe the jars, adjust the rubbers, and fill the jars, if any open space is present, with boiling water; put the covers in place, also one of the wires. Cover again and let boil half an hour; adjust the second wire, and remove from the heat.

QUERY No. 4019. — "Recipe for Butter Scotch Sauce to serve on Ice Cream."

Butter Scotch Sauce

Stir one cup of sugar, either granulated or brown, over a quick fire until it is a smooth syrup (caramel); add one cup of water. This must be added carefully, as the steam from the syrup will burn the hand if it comes in contact with it. When the caramel is melted and again boiling, stir in two (level) tablespoonfuls of flour, smoothed in two or three tablespoonfuls of cold water; continue to stir until boiling, then let simmer ten minutes. Remove to a cooler part of the range and beat in, little by little, two tablespoonfuls of choice butter.

QUERY No. 4020. — "Recipe for light Griddle-cakes made with sour or butter milk."

Sourmilk Griddle-cakes

1 cup cornflakes
¼ cup corn flour
1 cup wheat flour
½ teaspoonful salt
½ teaspoonful soda
1½ teaspoonfuls baking powder
1 egg, beaten light
1 cup sour or buttermilk
1 tablespoonful melted shortening
½ cup sweet milk

Put all the dry ingredients, save the cornflakes, into a sieve together and sift into a mixing bowl over the flakes. Add the liquid ingredients and mix thoroughly. Sour milk and buttermilk are at their best on the second day. Bake one cake; if it is too thick add a little more sweet milk. All wheat flour (one and one-half cups) may be used.

Breadcrumb Griddle-cakes

2 cups bread crumbs
Cold water or whey
1 egg, beaten light
1 cup sour milk
¼ cup sweet milk
1 tablespoonful shortening
1½ cups flour
½ teaspoonful soda
2 teaspoonfuls baking powder
½ teaspoonful salt

Measure the bread after it has been soaked in cold water or milk and wrung dry in a cloth; add the egg, milk and shortening; mix; add the flour, sifted with the soda, baking powder and salt, and mix thoroughly. If the whey used to

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soften the bread be noticeably sour, use three-fourths, rather than one-half, a teaspoonful of soda.

A Program for the Woman Who Has Pledged Herself to Thrift

1. *Simplify your Food Habits.*

Eat only three meals a day. Do not eat or serve food between meals. Serve very simple meals. Three courses at most. One-dish meals are practical.

Eat only what you need to keep you well and efficient.

2. *Select your Food Wisely.*

Learn to know the needs of each member of your family. Plan your meals to meet these needs. Let your needs and not your whims govern your food habits. Food selection is a science. Study it.

3. *Buy Food Thoughtfully.*

Learn first what food is needed, then buy in such quantities as may safely be stored or used without loss.

Plan ahead to save delivery. Study the market and buy the seasonably abundant foods. Conserve those which are scarce here or abroad.

Make a budget and keep accounts.

4. *Prepare your Food with Care.*

Learn to prepare simple foods well. This means palatable foods with reasonable variations in methods of preparation.

5. *Waste no Food.*

Watch your garbage pail.

Serve only in such quantities as may be eaten. Practice the gospel of the clean plate.

Use all left-overs.

Waste no food through poor or careless cooking or reckless handling.

6. *Save Surplus Foods for Future Use.*

Even a small daily surplus of perishable food should be preserved in some simple way. Preserve, dry, can or store any large supplies of surplus foods.

The Needs Abroad

Fats, including butter and milk, are short the world over. Butter and milk are necessary to child life. The dairy herds have been terribly depleted throughout Europe. Eighty thousand more children died last year in France than the year before.

To help restore these herds we must ship cereals to feed them. Use more potatoes, and less than normal of bread or cereals.

Butter in England is $2 a pound. Eggs are $2.25 a dozen. Milk is impossible to get in many places.

Let us help all we can!

World's Sugar Ration

The world's household sugar ration, as compiled by the U. S. Food Administration, presents some interesting figures and shows that the United States has, at the present time, the largest individual ration, three pounds for each person per month, while Italy with seven-tenths of a pound per person per month has the smallest.

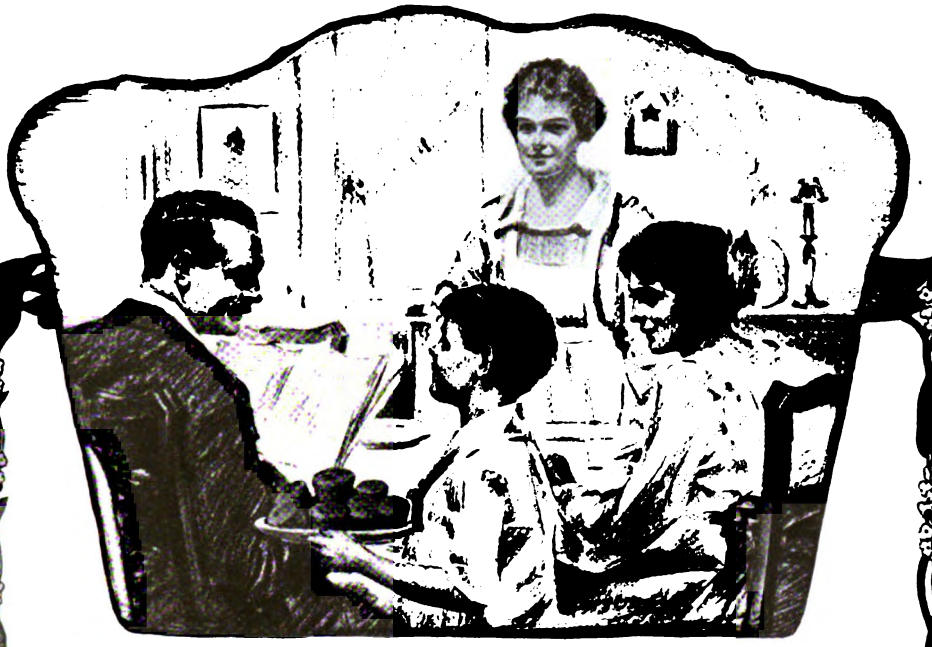
In the United States the price is ten and one-half cents per pound, while in Spain the price ranges from twenty-one to twenty-six cents per pound; in Austria it is twenty-one to fifty-four and six-tenths, and in Turkey from $1.77 to $5.05 per pound.

In Germany, the ration ranges between one and four-tenths to one and six-tenths pounds per person per month, with an average cost to the consumer of seven to eight cents per pound. This low selling price is due to the fact that Germany produces its own sugar crop, and the strict regulations of the disbursements per capita has enabled the Food Controller so to regulate the sugar supply as to make it possible to utilize a great portion of the production, for the extraction of fats, of which Germany is in great need.

Seventy per cent of the sugar consumed in the United States is used in the home.

For the past four years AMERICAN COOKERY has maintained its rank and standard, under trying conditions. Do not let your subscriptions lapse now; the magazine will not disappoint you in 1919.

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Buckwheat Muffins

THESE mornings when there is a nip in the air, hot buckwheat muffins displace bread in many homes. They are especially good when Crisco is used for shortening. The unusual delicacy of Crisco makes it possible to bring out the distinctive buckwheat flavor.

Housewives who are accustomed to using lard for shortening and frying should try Crisco. Then they will realize what is meant by enjoying the natural flavors of foods.

CRISCO
For Frying—For Shortening
For Cake Making

Crisco is sweet and pure, because it is wholly vegetable and is not touched by a single hand throughout the manufacture. Rich, creamlike and of uniform quality, it always can be depended upon.

Crisco gives genuine satisfaction, yet it costs no more than bulk cooking fats that often carry a disagreeable taste into foods. Crisco comes in sanitary, airtight packages, one pound net weight and upward, safeguarded from all impurities.

Buckwheat Muffins

A Recipe Tested and Approved by Good Housekeeping Institute, Mildred Maddocks, Director.

1 cupful buckwheat flour
1 cupful corn meal
1 teaspoonful salt
4 teaspoonfuls baking powder
1 egg, beaten light
1½ cupfuls milk
2 tablespoonfuls melted Crisco

(Use accurate level measurements)

Pass all the dry ingredients through the sieve together. Add the liquid ingredients and mix thoroughly. Bake in a hot, well-Criscoed iron muffin pan about 25 minutes.



PROCTER & GAMBLE STANDARD PRODUCTS

Recipes That Save the Housewife Money

"War Time Recipes", Janet McKenzie Hill's new work, is a valuable addition to your practical cook books. It contains several hundred tested recipes for appetizing and economical foods that will enable housewives to make their allowances go farther. The founder of the Boston School of Cooking tells how to use all conservation flours properly. Get a copy. Send one to a friend with your Happy New Year greeting. Published at 25 cents we will send a copy for 10 cents in stamps. Address Department A-1, The Procter & Gamble Co., Cincinnati, Ohio.

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THE SILVER LINING

Lines to Absent Friend Wife

My wife has gone to Texas on a visit,
Withdrawing for the nonce, as you will see,
Her wifely supervision, and I miss it —
I'd be glad to have you say as much for me.

I feel that you can put my questions better;
That's why, in public fashion, I repine.
She may miss the bitter import of my letter,
But she's sure to get the message from the Line,

Will you help me ask her where she put my collars?
Should the goldfish have an airing ev'ry day?
Must I pay the milk man's bill of seven dollars?
I can use this information right away.

May I ask her where I'll find my pink pajamas?
Also how to stop the man from bringing ice?
These are queries giving hint of homely dramas
That would end with just a word of kind advice.

Is there any special diet for the parrot?
May I learn just where to find the cellar key?
My perplexity is solid eighteen karat —
Every question indicates some mystery.

You'll be doing me an everlasting favor
If you'll help me get these queries to the wife,
And my endless gratitude will never waver;
I'll be under obligations, Sir, for life.

— *H. G. G.*

A Truthful Scot

A lawyer was examining a Scottish farmer. "You'll affirm that when this happened you were going home to a meal. Let us be quite certain on this point, because it is a very important one. Be good enough to tell me, sir, with as little prevarication as possible, what meal it was you were going home to."

"You would like to know what meal it was?" said the Scotchman.

"Yes, sir; I should like to know," replied the counsel, sternly and impressively. "Be sure you tell the truth."

"Well, then, it was just oatmeal."

Properly Rebuked

"I met our new minister on my way to Sunday School, mamma," said Willie, "and he asked me if I ever played marbles on Sunday."

"What did you answer?" asked mother.

"I simply said: 'Get thee behind me, Satan!' and walked off and left him," was the triumphant response.

— *Utica Observer.*

Internal Warfare

Johnny was feeling peevish, and it was most unusual for him to be out of sorts. Mother was anxious to know what the matter was. "I — I feel awful inside!" groaned Johnny. "What do you think it is?" asked mother. "Oh," wailed Johnny, "I had French beans and German sausages at auntie's yesterday, and now they seem to be fighting along my whole front."

Mrs. Clymer (giving a little dinner): "O Julia, the maid just walked out on me! Won't you serve?"

Cook (firmly: "Not in the dinin'-room! But I've had cafeteria experience, so if you'll line up your guests, and shoot them out here with their plates, I'll see that they get all that's comin' to them."

— *Buffalo Express.*

"You don't seem to pay any attention to these germs." "I don't talk about 'em any more than is necessary," answered Doc Braney. "I take all possible precautions, and then try to ignore 'em. The meanest thing about a germ is that, if he can't attack you anywhere, he tries to get on your mind."

— *Washington Star.*

The parable by Dr. Crothers suggest various things. For example, this fro *Tit-Bits:* A long and patient but vai effort on the part of a khaki-clad driver t induce a mule, drawing what appeared t be a load of laundry, through the gatewa of a local hospital, afforded considerabl

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Don't Buy Food Blindly

Know What Energy You Get

The Government standard for measuring foods is the calory.

We measure food needs by calories. The average man needs 3,000 calories daily. The average woman needs 2,500.

This is what some common foods yield in calories per pound:

CALORIES PER POUND

Quaker Oats	**1810**	**Perch**	**275**
Round Steak	**890**	**Oysters**	**225**
Leg of Lamb	**860**	**Canned Peas**	**235**
Salt Codfish	**325**	**Potatoes**	**295**

Comparing cost on the calory basis you find this:

The average cost of meats and fish at this writing is ten times Quaker Oats.

The average mixed diet costs five times Quaker Oats.

Yet Quaker Oats is much the greatest of these foods. It is almost a complete food—almost the ideal diet. Foods which cost ten times as much cannot compare with oats.

Quaker Oats

Flaked from Queen Grains Only

Without extra price, you get super-flavor when you ask for Quaker Oats. This brand is flaked from queen grains only—just the richest, plumpest oats. We get but ten pounds from a bushel. No puny and insipid oats are ever mixed in this grade.

Two Sizes: 12c to 13c—30c to 32c—Except in the Far West and South

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amusement to the boys in blue who were watching the proceedings. The mule would do anything but pass through the gateway. "Want any 'elp, chum?" shouted one of the boys in blue to the driver, as he rested a moment. "No, replied the driver, "but I'd like to know how Noah got two of these blighters into the ark!"

The young husband was what he ought to be except in one thing. He objected to wiping the dishes after each meal. His wife was patient, also diligent. One day, fresh from her Bible, she quoted, "I will wipe Jerusalem as a man wipeth a dish, wiping it, and turning it upside down." He was converted.

Patrick Henry Redivivus

A history exam. paper in a public school yields this information: "Patrick Henry said, 'I rejoice that I have but one country to live for.' "

The American Title Market

Republican we think we are; but there is evidence
Of just the opposite, at least, in our advertisements.
We find Majestic theatres in ads. as we glance through;
And mark Imperial hotels, and Palace laundries, too.
Why, now just note the kind of shoes we wear, and you will see
A Regal sort, and also one of Queenly quality.

Tobacco of a Kingly brand, or Ducal in its mixture,
Is found beside a motor car, its name some lordly fixture.
Why, even baking powder, just a common thing like that,
Must have a Royal prefix, or our dough would all be flat!
Our collars, hose, and underwear; and things for our complexion;
As well as other articles are Princely by inspection.
Our men are kings; our women, queens; to prove these arguments,
Our title market you will find in our advertisements!

— *Blanche Elizabeth Wade.*

New Drying Process to Increase Shipping Capacity Twelve Times

A new drying process, by which meats and fish can be kept indefinitely, and then restored to their former state of freshness by the application of water, and which, it is believed, will increase the world's meat shipping capacity more than twelve times by doing away with the need for refrigeration and special containers, has lately been perfected in the chemical engineering laboratories at Columbia University.

During a period of comprehensive tests meats that had been dried and kept a year were restored to their fresh state and served in the homes of professors attached to the laboratory. A few months ago a shipment of 300 pounds was sent to a camp in the South, and served to the soldiers. Reports received from the camp state that those who ate the restored meat failed to discover any difference between it and strictly fresh meat.

Great Possibilities

With half the world, according to experts, facing a year and possibly three years of food shortage; with thousands of tons of shipping tied up in the transportation of troops and urgently needed supplies, other than food, and rail transport demoralized in central Europe, largely destroyed in France and Belgium and badly congested in the United States, the possibilities of the process perfected at Columbia are held to be incalculable.

Research into the subject was begun more than a year ago at the Harriman laboratories at Roosevelt Hospital. After the tests had progressed sufficiently they were transferred to Columbia, where, with the co-operation of Dr. Ralph H. McKee, professor of chemical engineering, they were brought to perfection.

By the process perfected all bone, waste fat and connective tissues are removed from the meat or fish to be treated, leaving a 100 per cent food. The meat is then cut into cubes or, in the case

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Set the Standard

Today's "student" and today's "daughter" are tomorrow's home-makers!

Therefore, on the domestic science teacher and the progressive housewife rests the responsibility of setting "a high standard in cooking."

RYZON is adapted to baking in the *accurate way*. All of the RYZON recipes are based on level measurements, and RYZON itself gives dependable, uniform results.

RYZON is 40c a pound. The new RYZON Baking Book (original price $1.00) containing 250 practical recipes, many of conservation value, and others easily adapted to present day needs, will be mailed, postpaid, upon receipt of 30c in stamps or coin, except in Canada.

A pound tin of RYZON and a copy of the RYZON Baking Book will be sent free, postpaid, to any domestic science teacher who writes us on school stationery, giving official position.

RYZON

THE PERFECT BAKING POWDER

GENERAL CHEMICAL CO.
FOOD DEPARTMENT
NEW YORK

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of beef, into steaks, placed in a vacuum and subjected to a period of drying at a relatively low temperature. No other treatment is necessary. Fish, it has been found, can be dried completely in from four to eight hours, and meat in 10 hours, the time varying slightly according to the thickness of the pieces under treatment.

Dr. McKee reports that meat, so dried, exhibits no visible or chemical change, with the sole exception that all water is removed. The meat also remains absolutely sterile — free from putrifying germs — so that it can be kept indefinitely without refrigeration.

"The advantages from the commercial side," says Dr. McKee, "are that this meat, dried according to the new art which has developed, can be shipped in ordinary cloth sacks, without refrigeration, salt, chemicals, smoking or other treatment.

"For a composite ration, giving a mixed diet, it has been found practicable to use dry meat hashed with potatoes, onions, carrots, and other vegetables, and so prepared as to constitute an emergency ration, which is ready to cook at once."

American Jam is in Great Demand Among Our Allies Overseas

Jam and canned fruit are in great demand for hospital and canteen use across the sea, and the American Red Cross is seeing to it that all needs in this particular are fulfilled. In response to cabled request the War Council has authorized the immediate shipment of thirty tons of blackberry jam to the Red Cross commission for Great Britain, at a cost of $9,792.

An appropriation of the same amount has been made for the purchase of an equal quantity of jam of mixed variety, for the use of the British Red Cross, which at all times is of great service to the American organization in the purchasing of supplies. Still another item for shipment to Great Britain is that of 2,000 cases of assorted canned fruit — peaches, apricots, pears, pineapples and cherries — for which an appropriation of $10,710 has been made. Half of this fruit is for the British Red Cross.

The American Red Cross will be reimbursed by the British Red Cross for the supplies consigned to it as indicated above.

Saving Shipping Space

Maj. Gen. George W. Goethals, chief of the division of purchase, storage and traffic of the general staff of the army, has commissioned Arthur A. Hammerschlag, president of the Carnegie Institute, and Lieut. Col. J. W. McIntosh, to co-operate with the Chicago packers in experiments which may save up to 40 per cent of the tremendous cargo space now required for shipping fresh beef. President Hammerschlag and Col. McIntosh have already reached the stock yards, and the experiments have begun.

The experiments contemplate, not only the conservation of shipping space, but also the problem of having the packages



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OBLONG RUBBER BUTTON

HOSE SUPPORTER

Sold Everywhere

Child's sample pair (give age) 20c. postpaid. For Infants—"The Baby Midget Velvet Grip Hose Supporter," Silk 15c; Lisle 10c.

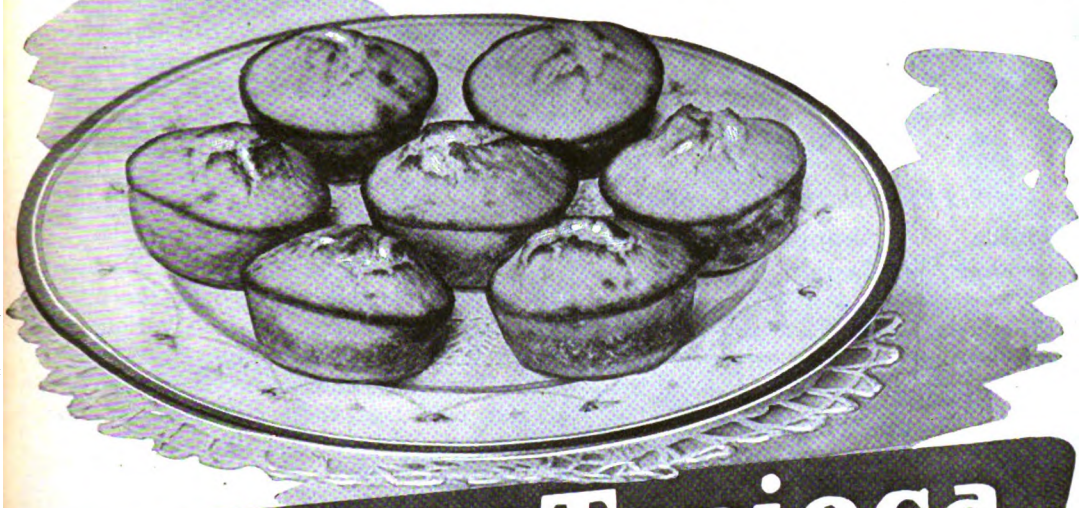
GEORGE FROST CO. - Makers - Boston

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Minute Muffins

Minute Muffins

Mix and sift two cups of rice flour, three teaspoonfuls of baking powder and one teaspoonful of salt. Stir one heaping tablespoonful of MINUTE TAPIOCA SUBSTITUTE in one and a quarter cups of milk, add to this the well-beaten yolks of two eggs, one tablespoonful of corn syrup and two tablespoonfuls of melted shortening, add the flour mixture and beat well, then fold in the stiffly-beaten whites of two eggs. Pour into well-greased muffin tins. Bake about twenty minutes in moderate oven.

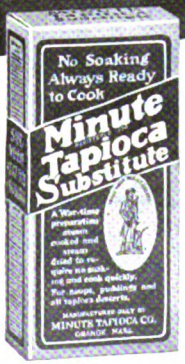


Minute Tapioca Substitute



Minute Muffins for Breakfast

Surprise your family tomorrow morning. Try these delicious new muffins. Made with Minute Tapioca Substitute, they save flour, and have great energy-building value.



You have used Minute Tapioca for years because your family loved the successful dishes you made with it. Now that the ships which brought tapioca from the Orient are taking foodstuffs to France, our supply of tapioca is curtailed. We can't give you Minute Tapioca, but we are proud to offer Minute Tapioca Substitute in its place. Made of tapioca, blended with native flours, it has the same delightful flavor and nutritive qualities.

Identify it by the familiar red and blue package. The reading is changed, and the contents made on a new formula, but the old-time flavor is in all dishes made with Minute Tapioca Substitute.

Minute Gelatine is instantly dissolved in hot water, and is measured ready for use.

Send for the Conservation Cook Book, full of new and tempting receipts.

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Appetizing
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Vanilla	Orange	Raspberry
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CREMO-VESCO

Whips Thin Cream
or Half Heavy Cream and Milk
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It whips up as easily as heavy cream and retains its stiffness
Every caterer and housekeeper wants CREMO-VESCO.
Send for a bottle today.

Housekeeper's size, 1½oz., .30 prepaid
Caterer's size, 16oz., $1.00 "
(With full directions.)

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631 EAST 23rd ST., BROOKLYN, N. Y.

small enough to be handled by the class of labor available at unloading ports overseas, and the quick and convenient issue at supply depots in France.

They range from the mere cutting of the carcass into more convenient sizes and shapes, to the entire boning of the carcass to be packed in boxes. It is estimated that if the plans prove practicable, a saving of from 15 to 40 per cent of the room now used in transporting the same amount of beef will be made possible. Since fresh beef constitutes a considerable part of some 350,000,000 pounds of beef and pork products, now sent monthly to allied countries, the saving by the new method may prove to be considerable, if found practical. The bones and surplus fats salvaged by the operation will be converted into various by-products.

The chief difficulties encountered, so far, have been the necessity of obtaining enough labor sufficiently skilled in this particular work, and the providing of facilities necessary to handle the quantities required without interfering with production of other meat products being prepared for our armies and those of our allies.

We are glad to see that the government is co-operating with the newspapers in saving paper. This office, says the Abilene (Kan.) *Reflector*, received from Washington today only fifteen envelopes containing worthless material and used only to feed the waste-basket. Yesterday we received eighteen, making a reduction of 16 2-3 per cent in a single day.

A Minneapolis laundress, a Negro woman, patriotic supporter of the Red Cross, was among the thousands who witnessed a recent Red Cross parade in the Mill City, in which fifteen thousand white-clad women participated. In telling a Red Cross worker how she liked it, she said: "Lawdy, missus, it suttinly was a gran' spectacle. Nevah in mah whole life did I see so much washin' at one time." — *Everybody's Magazine.*

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Write for FREE copy of SELECTED RECEIPTS
A handy booklet of tested recipes that every woman will appreciate.

More Than Half The Success In Cooking Depends Upon The Seasoning

This is a fact that every housewife should remember, for many an otherwise delicious goodie has been spoiled by the use of inferior seasonings. No matter how carefully you prepare your favorite recipe, the addition of weak, insipid condiments will change success to failure. It's the taste that tells! And "good taste" is a marked characteristic of

STICKNEY & POOR'S
STANDARD PRODUCTS

as it is of the people who choose and use them. Stickney & Poor's reliable Mustards, Spices, Seasonings and Flavorings have been favorites for more than a century. Their **full strength** and **fine flavor** makes them **best** and **most economical** to use. Keep a supply upon your pantry shelves, ready for baking day. And be sure to insist upon Stickney & Poor's when you order from your grocer. None other so satisfying.

Your Co-operating Servant,
"MUSTARDPOT"

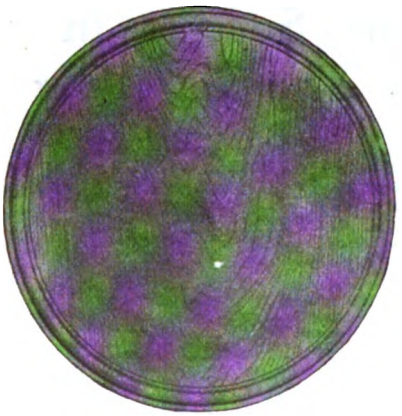
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AMERICAN COOKERY



BREAD BOARD

Eleven-inch turned maple bread board. The edge of this board is undercut like a dinner plate making a finished and attractive article. Sent, prepaid, to any present subscriber for securing and sending us one (1) new yearly subscription for American Cookery. Cash price, 75 cents.

The Boston Cooking-School Magazine Co.
Boston, Mass.

Reconstruction

With peace declared, one Jack,
A gob,
Came back
From raging main
And found a Jane
Was holding down his job,
So what to do with him
Now Uncle Sam was through with him,
But while boards, publicists, commissioners all fought and wrangled,
And got their wires and themselves well crossed and tangled,
Jack never tarried,
And now they're married.

— *Richard D. Ware.*

Let us do our duty in our shop and in our kitchen, the market, the street, the office, the school, the home, just as faithfully as if we stood in the front rank of some great war, and we knew that victory for mankind depended upon our bravery, strength, and skill.

Cooking for Profit

THE demand for home-cooked food is constant everywhere. Many "born cooks" have succeeded in building up a more or less successful business in this line. Many more women need to earn money and still maintain their homes intact, but do not know how to go about establishing a profitable business in home-cooked foods.

We are having a new correspondence course, written especially for such women, by one who has made a notable success in this business. It explains, in detail, just how to prepare food "good enough to sell"; just what to cook, with many choice recipes; how to establish a reputation and a constant profitable market; how to cater for all entertainments; how to run successful tea rooms, etc.

The outlay for additional equipment is not large, and the fee for the course is very reasonable, and may be paid on easy terms. The course is in twelve lessons, sent weekly. The reputation of the school, and fourteen years' experience in teaching in this line, are back of this course. If interested, write to American School of Home Economics, 503 W. 69 Street, Chicago, Ill.

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Double Value from Your Electricity

Get the full benefit of your electricity. Have an extra lamp wherever you want it. Use your labor-saving and your comfort-making appliances wherever you wish and whenever you wish—day or night—winter or summer. The

BENJAMIN TWO-WAY PLUG

fits any socket and gives it two outlets in place of one. It increases the utility of your home electrical appliances and multiplies the conveniences of electricity. You need one in every room. Folder on request.

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The Benjamin Electric, Ltd., London, England

Also manufacturers of the famous No. 903 Benjamin Swivel Attachment Plug, which screws into the socket without twisting the cord.

Manufacturers of the Benjamin No. 2450 Shade Holder which permits use of any shade with a Two-Way Plug

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The Secret of Successful Cooking

is really no secret at all. Those dishes you admire most owe their popularity to correct seasonings and flavors. What kind do I use? None but **Slade's** are good enough for me. I don't need to use the expensive meats. With **Slade's** I can make the cheaper kinds delicious and nourishing. Ask Grocers for **Slade's**





D. & L. SLADE CO.
Boston

Slade's Spices Flavor Best

Keep on Saving Food

The U. S. Food Administration warns that we must continue to conserve food, especially wheat, meat, sugar and fats.

Our Booklet

Good Things to Eat

tells how to make good use of scraps of bread and other left-overs.

THE FLEISCHMANN CO.
701 Washington St., New York City

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Food, Health, Housekeeping, Clothing, Children.
Courses for Homemakers, Teachers, Dietitians, Managers, Home Demonstrators, Nurses, etc.
"THE PROFESSION OF HOME-MAKING." 100 page handbook, FREE. Bulletins: "Free Hand Cooking," 10 cents. "Food Values," 10 cents. "Five Cent Meals," 10 cents.
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Write Now *for* "The Road to Good Positions" *and enrollment card.*

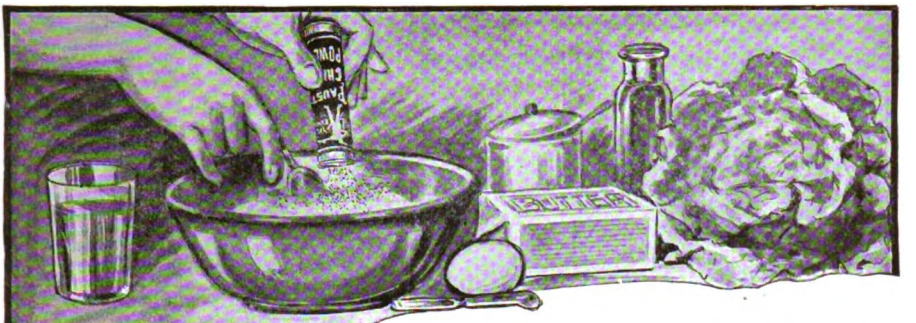
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Faust Salad Dressing

1 teaspoon of salt, 1 teaspoon Faust Chile Powder. Add 4 tablespoonfuls of olive or salad oil, stir or beat thoroughly, then add 3 tablespoonfuls of vinegar and stir or beat until thoroughly congealed.



Prize-Winning Chile Con Carne

1½ lbs. beef off round, ground not too fine; 2 large onions; 2 teaspoonfuls salt; 4 large tablespoons Blanke's Chile Powder; 1 heaping tablespoon lard; 1 pint Mexican chile beans or 1 pint red kidney beans; 1 pint hot water. Soak beans in water and boil until done; cut onions in small bits and fry in the lard; add to this the ground beef which has been sprinkled with a little flour and salt; stir until seared, then add one pint hot water, the cooked beans and Chile Powder. Stir and let cook slowly 30 minutes.



Faust Chile Spaghetti Au Gratin

Cook a half pound of spaghetti until done, put in a baking dish, put two tablespoons of bacon grease, add a pint of tomatoes, put on a tablespoonful of Chile Powder mixed well together, and salt to suit, put on top a sprinkling of grated cheese, place in oven to slowly bake. When the top is brown it will be ready to serve.



MAKE THE BEST DISHES BETTER

FAUST CHILE POWDER is a "different" seasoning. You use it instead of pepper, spices, etc. It's a combination of all of them, except salt. For salad dressings, meats, gravies, stews, soups, there's nothing quite so good. Sold by most dealers in 10c., 25c. and 50c. cans. If your dealer hasn't it, send 15c. for 1¼-oz. can and Recipe Pamphlet prepared by Henry Dietz, famous chef of the historic Faust Cafe and Bevo Mill.

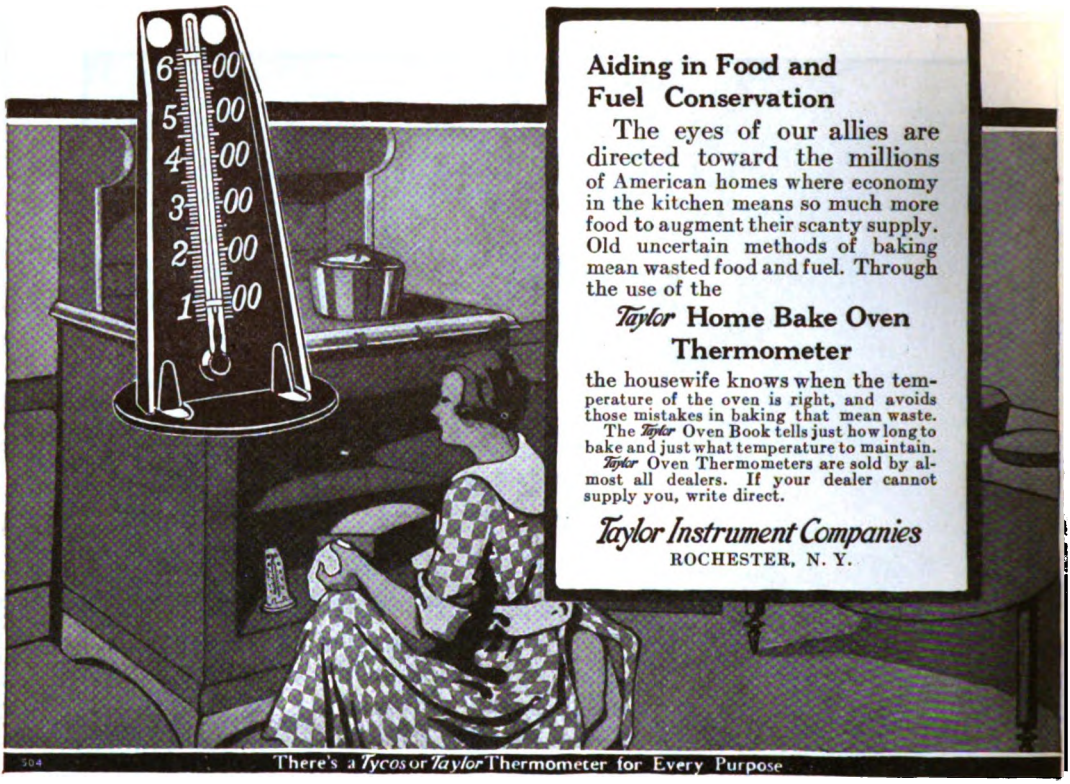
DEALERS, Ask Your Jobber.
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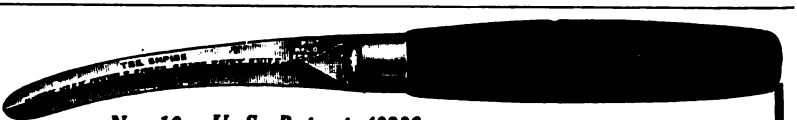
Manufacturers of the world-famous *Faust Instant Coffee & Tea.* Faust Instant Coffee is now in the service of the Government and this product will therefore be unobtainable until victory crowns our arms. Faust Instant Tea, however, is still available at 30c., from dealers or by mail.



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A Perfect Knife for Grape Fruit



No. 10. U. S. Patent 48236

The blade of this knife is made from highly tempered, high quality, cutlery steel, curved so as to remove center and to cut cleanly and quickly around the edge, dividing the fruit in segments ready for eating. An added feature is the round end which prevents cutting the outer skin. The popularity of grapefruit is growing so rapidly that this knife for time saving and handiness is a necessity. For sale at the best dealers. If not found with your hardware dealer we would be glad to send by mail, providing dealer's name is sent, with 50 cents, which covers cost of postage.

THE EMPIRE KNIFE CO. *Sole Manufacturers* **WINSTED, CONN.**

Established 1856 *Trade Mark "EMPIRE" Registered U. S. Patent Office.*

SEVEN-CENT MEALS $1.50 per week per person: 42 meals with recipes and directions for preparing each. 10c or FREE for names of four friends interested in Domestic Science.
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Hebe is an alternative food product—a compound of evaporated separated milk and vegetable fat, the latter pressed from the white meat of the cocoanut and highly refined.

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Hebe is produced in modern condenseries—sealed air-tight and sterilized—and sold by grocers and delicatessens for just what it is.

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Experience has shown that the most satisfactory way to enlarge the subscription list of American Cookery is through its present subscribers, who personally can vouch for the value of the publication. To make it an object for subscribers to secure new subscribers, we offer the following premiums:

CONDITIONS: Premiums are ***not*** given ***with*** a subscription or ***for*** a renewal, but only to ***present*** subscribers, for securing and sending to us ***new*** yearly subscriptions at $1.50 each. The number of new subscriptions required to secure each premium is clearly stated below the description of each premium.

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INDIVIDUAL INITIAL JELLY MOULDS



This shows the jelly turned from the mould

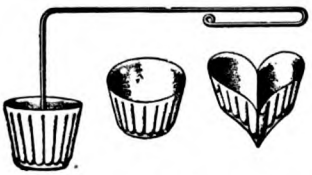
Serve Eggs, Fish and Meats in Aspic; Coffee and Fruit Jelly; Pudding and other desserts with your initial letter raised on the top. Latest and daintiest novelty for the up-to-date hostess. To remove jelly take a needle and run it around inside of mould, then immerse in warm water; jelly will then come out in perfect condition. Be the first in your town to have these. You cannot purchase them at the stores.



This shows mould (upside down)

Set of six (6), any initial, sent postpaid for (1) new subscription. Cash Price **75 cents.**

"PATTY IRONS"



As illustrated, are used to make dainty, flaky patés or timbales; delicate pastry cups for serving hot or frozen dainties, creamed vegetables, salads, shell fish, ices, etc. Each set comes securely packed in an attractive box with recipes and full directions for use. Sent, postpaid, for one (1) new subscription. Cash price, **75 cents.**

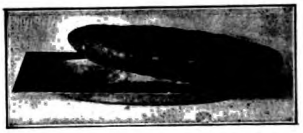
FRENCH ROLL BREAD PAN



Open End

Best qulity blued steel. 6¼ inches wide by 13 long. One pan sent, prepaid, for one (1) new subscription. Cash price, **75 cents** for two pans

SEAMLESS VIENNA BREAD PAN

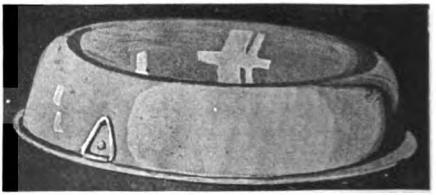


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Does the work quicker and better than it can be done in any other way. One will be sent postpaid to any present subscriber as a premium for securing and sending us one (1) new yearly subscription. Cash price, **75 cents.**



HEAVY TIN BORDER MOULD

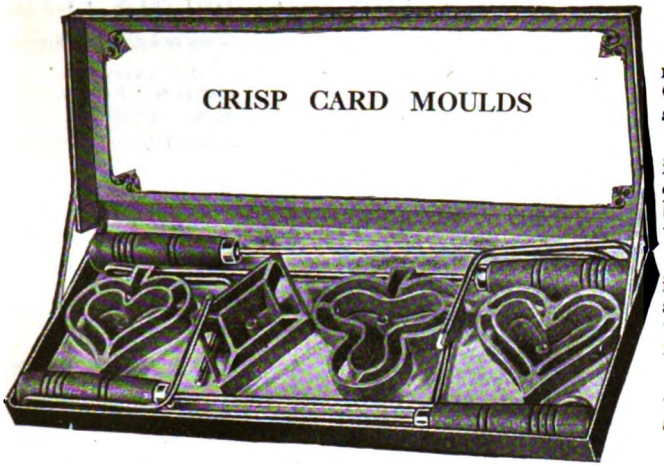
Imported, Round, 6 inch

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PREMIUMS



Crisps made with these moulds representing Hearts, Diamonds, Clubs and Spades, are ideal for serving at card-party luncheons.

The bottom of the center space is closed; in this can be served any creamed meat, oysters or vegetables, garnished around the edges with parsley, radishes or olives.

Another excellent way of using is to set the shell on a lettuce leaf and fill with salad; or fill the shell with an ice or ice cream and garnish with fruit.

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First Class Heavy Spun Aluminum

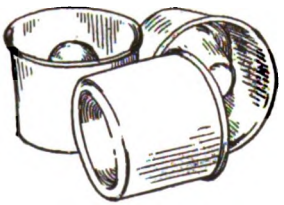
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Can be used, not only in making charlotte russe, but for many other dishes.

Wherever individual moulds are called for, you can use these.

The moulds we offer are made by a patent process. They have no seams, no joints, no solder. They are as near perfection as can be had.

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For "Waldorf Triangles," "Golden Rod Cake," "Orange Slice Cake" and many other fancy cakes. Substantially made of the best tin. Two pans. Sent, postpaid, for one (1) new subscription. Cash Price **75c** for two pans.

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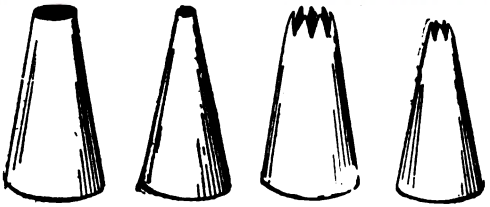
Made of best quality blued steel. Strong and durable. Size 12 rings 2¾ inches diam. Pan 8¼ inches by 11 inches. Rings are removable, pan may be used for cake or candy making. Sent, prepaid, for one (1) new subscription. Cash Price **75c.**



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PREMIUMS

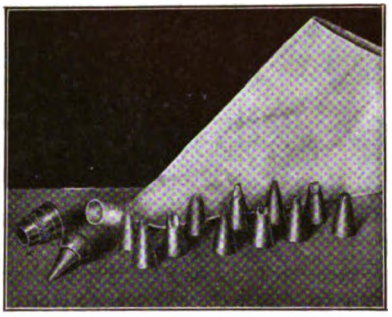


PASTRY BAG and SIX TUBES

(Bag and two smallest tubes not shown in cut)

A complete outfit. Practical in every way. Made especially for Bakers and Caterers. Eminently suitable for home use.

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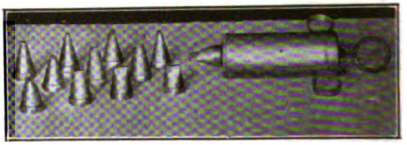


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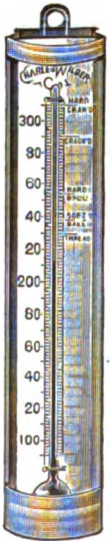


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Here is just the one you need. Made especially for the purpose by one of the largest and best manufacturers in the country. Sent, postpaid, for two (2) new subscriptions. Cash price, **$1.50**

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Cores and splits apples, pears and quinces into six pieces with one operation. Silver plated, turned wooden tray. Sent, postpaid, for one (1) new subscription. Cash price, **75 cents.**

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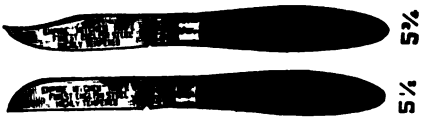
PREMIUMS

The Empire Grape Fruit and Orange Knife



Is made from the finest cutlery steel, finely tempered, curved just to the right angle and ground to a very keen edge, will remove the center, cut cleanly and quickly around the edge and divide the fruit into segments ready for eating. The feature of the blade is the round end, which prevents cutting through the outer skin. A grape fruit knife is a necessity, as grape fruit are growing so rapidly in popularity as a breakfast fruit. Sent, postpaid, for one (1) new subscription. Cash Price **50 cents.**

Empire Kitchen Knives

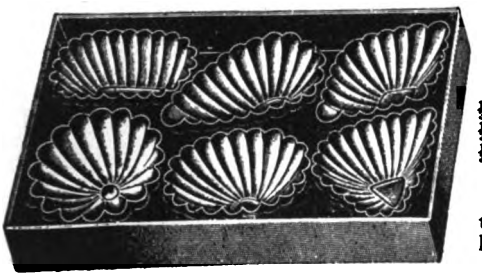


Highly polished rubberoid finished handles.

These knives have blades forged from the finest cutlery steel, highly tempered and ground to a very keen edge. These Knives will cut. Two knives, as shown above, sent, prepaid, for one (1) new subscription. Cash Price **50 cents.**

PRINCESS PATTY TINS

FOR BROWNIES OR OTHER SMALL CAKES



A SET OF 24 TINS

Sent, postpaid, for one (1) new subscription. Cash Price, **75 cents.**

BROWNIES

½ cup of Butter
½ cup of Sugar
½ cup of Molasses (dark)
1 Egg, well beaten
1 cup of Flour
1 cup of Nuts, Pecan or Walnuts

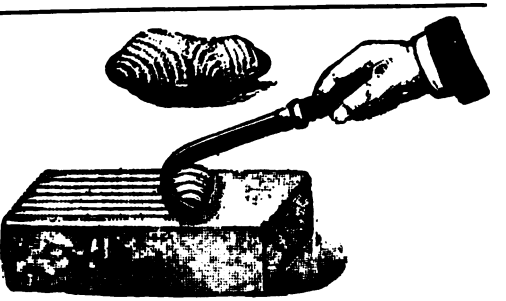
Mix in the usual manner, but without separating the egg. Bake in small, fancy shaped tins. Press half a nut meat into the top of each cake.

FRENCH BUTTER CURLER

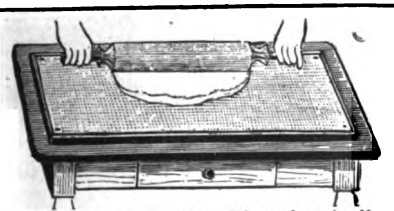
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for Pastry Boards and Rolling Pin; chemically treated and hygienic; recommended by leading teachers of cooking. Saves flour, time and patience. Sent, postpaid, for one (1) new subscription. Cash Price, **75 cents.**

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Nickel plated. Ten revolving cutters. Effectually chops parsley, mint, onions, vegetables, etc., and the shield frees the knives from the materials being cut.

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NOTHING helps quite so much to make the home attractive during the winter as bright, clean, fresh curtains and hangings. It is easy to wash them as often as necessary, and without injury to the most delicate materials, if you use Ivory Soap.

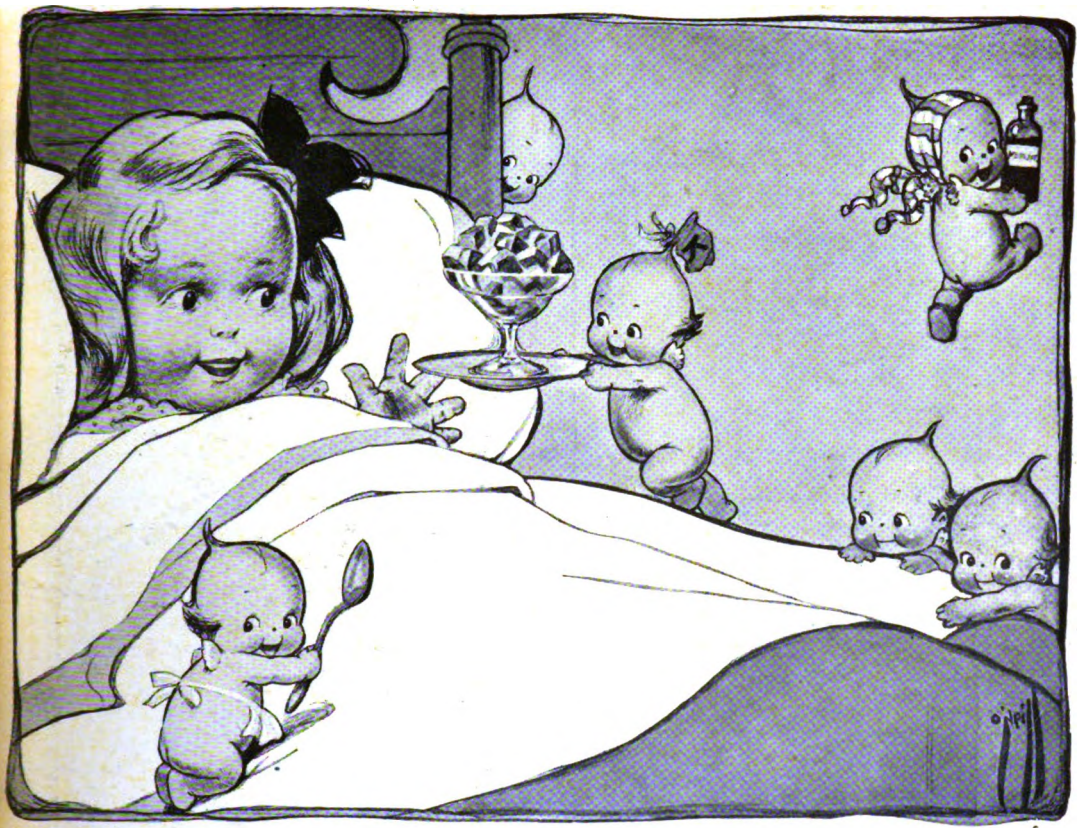
Ivory Soap does not shrink, fade, rot or stain them. Color and texture are the same after every washing as before it. And they are as fresh, clean, soft and pleasing as can be.

Ivory Soap has been used for cleaning perishable fabrics and for all particular household purposes since 1879—forty years. Its freedom from alkali and all other harsh materials, its whiteness, its thick, lasting lather, its freedom from excess oil and its all-round superior quality make it suitable for any work which cannot be entrusted to ordinary soap.

IVORY SOAP... IVORY ... 99 44/100% PURE

IT FLOATS

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Dorothy's Getting Well

Dorothy, who is just getting over the measles, has no more than said, "My Goodness! Why don't they give me something good to eat?" when the wise Kewpies appear, one bearing a dish of delicious, sparkling Raspberry

JELL-O

another bringing a spoon, and one carrying from sight the hateful medicine. Dorothy's happy face expresses her approval.

Of course, the Kewpies asked the doctor first, and he said, "Sure, nothing better. Do her good."

It is not necessary when Jell-O is used to go through any such processes as soaking, cooking and straining, and there is no sweetening, flavoring or coloring to add. Everything is in the powder—and the most delightful dishes are made almost as if by magic.

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Pure, delicious, wholesome
A well made cup of
BAKER'S COCOA
is a large part of a good meal.
It is practically all nutrition, very little waste, and its use saves other foods.

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at a Moderate Price

Pure Rich Fragrant

S. S. PIERCE CO.
BOSTON BROOKLINE



THE OLD-FASHIONED WAY
Compared with

THE extravagant, wasteful way of pancake making becomes a thing of the past once the mistress of the house has tried

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SELF-RISING PANCAKE FLOUR

For then what justification can she possibly have for the trouble, the time and the *waste* of using milk, eggs, flour and baking powder?

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There are two varieties of TECO: Pancake and Buckwheat.

Teco meets the Government's, Dr. Wiley's and the Westfield Pure Food Standards

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SUPPER MENUS — ONE HOT SUBSTANTIAL DISH

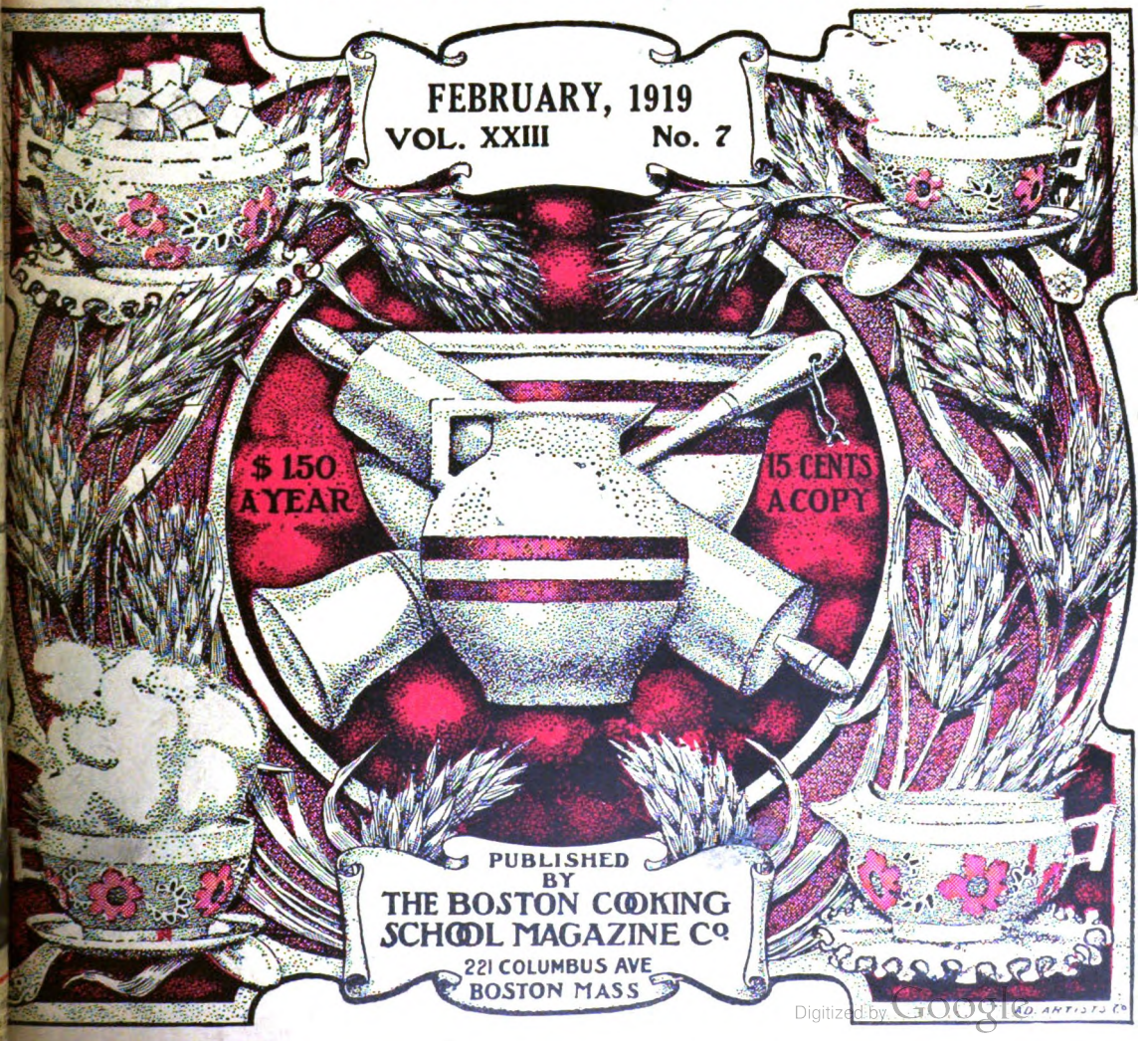
AMERICAN COOKERY

FORMERLY

THE BOSTON COOKING-SCHOOL MAGAZINE

OF CULINARY SCIENCE AND DOMESTIC ECONOMICS

FEBRUARY, 1919
VOL. XXIII No. 7



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The Second Helping

The real test of home-baking comes when the biscuits reach the table. How will the family like them?

The appetizing oven-odor, the sweet, nutty flavor, the crisp, tender crust and white, fluffy hearts of biscuits raised with

Rumford

THE WHOLESOME

BAKING POWDER

are sure to please and satisfy the family. Rumford is a master-leavener for small-breads, waffles and cake. It makes them light, easy to digest, and restores nutritive elements which white flour loses in milling. Rumford is efficient and economical—a favorite with many home-cooks, because so uniform in strength, so dependable in results, and makes the most of their favorite recipes.

Rumford Baking Powder stands for purity, efficiency and economy.

Every housewife should have a copy of "Rumford Dainties and Household Helps." We will be pleased to send it **Free** upon request.

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"AH' RECKON AS HOW HE'S DE BES' KNOWN MAN IN DE WORL' "

Painted by Rowland M. Smith for Cream of Wheat Co. *Copyright 1914 by Cream of Wheat Co.*

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AMERICAN COOKERY

Vol. XXIII FEBRUARY, 1919 No. 7

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There are no cook books as good or reliable as Mrs. Rorer's

This isn't prejudice—it's the expressed opinion of thousands of housewives

For Instance:

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contains over 700 pages; some 1,500 recipes, all absolutely sure; full directions how to do everything — how to prepare, cook and serve all manner of foods; how to market profitably and select foods; how to carve, and many other things.

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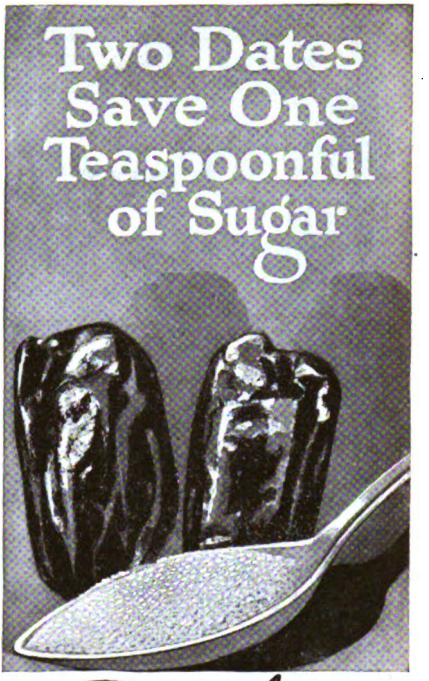
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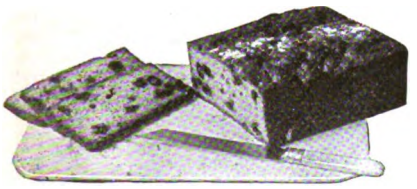
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2 cups barley flour	1 teaspoonful grated lemon rind
½ teaspoon salt	2 cups Dromedary Dates stoned

Mix yeast cake with milk and one cupful of the flour in a large bowl and set to rise fifteen minutes. Cream butter substitute, add honey or sirup gradually, add eggs, yeast mixture, flours sifted with salt, lemon rind and dates. Mix and turn into a large, well-greased bread pan. Allow to rise until light and bake in moderate oven one hour.



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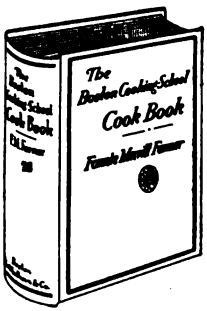
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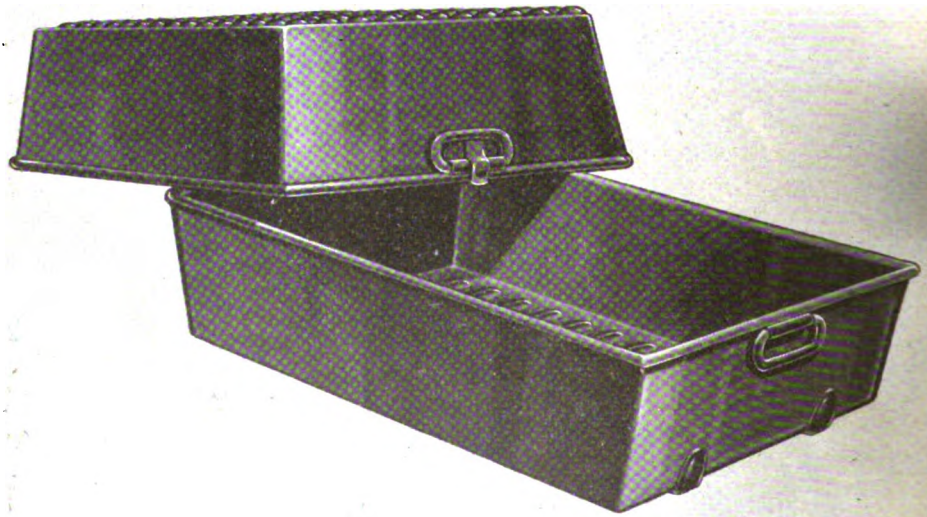
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Menu for Formal Dinner

Crabflake Cocktail

Chicken Broth, Spinach Balls

Halibut Mousseline, White Mushroom Sauce

Hothouse Cucumbers, French Dressing

Baked Ham, Currant Jelly Sauce

Grilled Sweet Potatoes

Brussels Sprouts, Buttered

Frozen Pudding

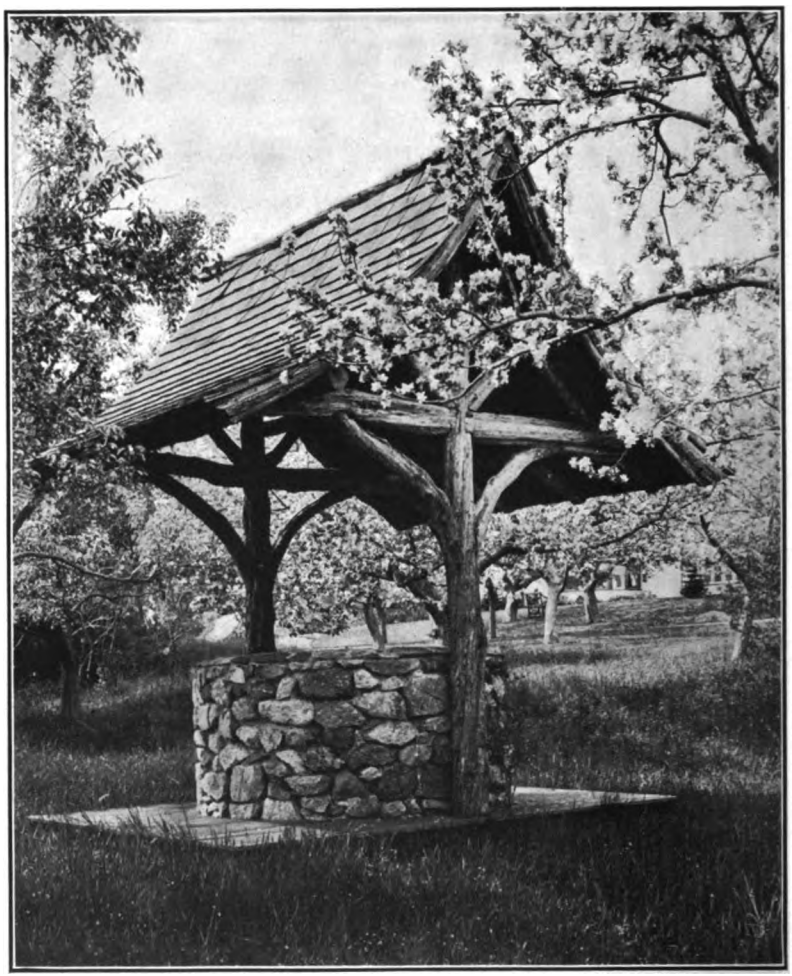
Nuts Raisins

Coffee



DETAIL OF ONE COVER, FORMAL DINNER

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WELL OF ROCKS WITH RUSTIC COVER

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American Cookery

VOL. XXIII FEBRUARY, 1919 No. 7

Practical Uses of Rocks

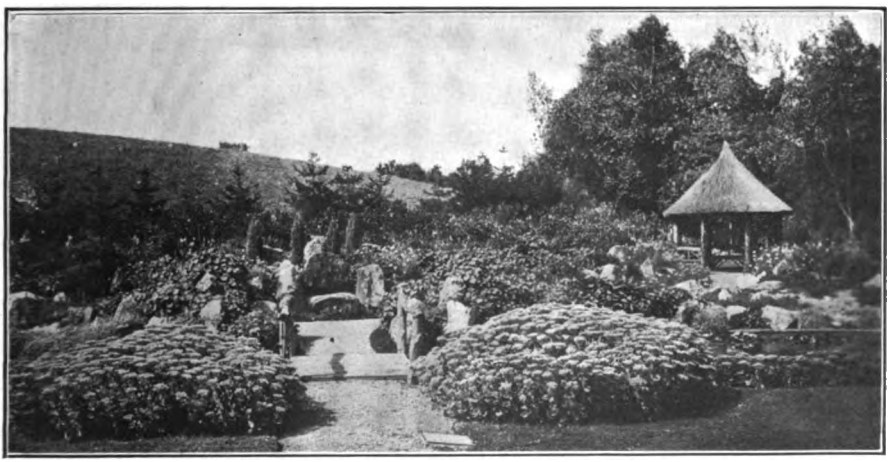
By Mary Harrod Northend

HAVE you ever considered the beauty of rocks, those that you find lurking around your estate? In all probability they show exquisite shades, ranging from soft gray to brown, from red to touches of green. There is an æsthetic value in their use, yet most of us consider them as encumbrances of the ground, to be eradicated at great expense. We neglect to realize their distinctive charm, when rightly used on the place. Look over yonder at that semi-circular rockery created from waste stones, that once phased your lawn when encrusted in the ground. They have become a dream of color, for their different shades harmonize with the green and brown of the house, while the pure white flowers of the rock-crest, give it a brightening touch, and brings out the beauty of the stone background.

Rocks, to most of us, seem unsympathetic and austere when in the open, surrounded by sand and gravel, but judicious planting has developed them into a picturesque bit of your garden.

The landscape gardener uses this bit of natural environment as an invaluable aid in his work, realizing that the rock-garden flourishes where no other form of garden is possible. The prime requisites are rocks piled symmetrically, leaving places for soil to nourish the roots of the plants.

When possible, combine a fountain, through the laying of a two-inch iron pipe, from your water supply to the center of your rockery. Add a joint bringing it to the required height. This packed with earth and covered with rocks is invisible, save when the sprayer lends effect by keeping the rock-garden moist, and giving a setting which is charming. The ease with which this feature is constructed and the hardiness of the planting makes it doubly attractive



THATCHED SUMMER HOUSE WITH ROCKERY SETTING

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to the person who has little time to give to her flowers.

Rockeries, while ornamental, can be put to practical use, as in the Thomas E. Proctor's estate at Topsfield, Mass., where an interesting scheme has been worked out, to disguise the drainage pipe. As it comes to the surface, a huge pile of rocks have been arranged, allowing all gases to escape freely and yet hiding the source by planting gay ferns and flowers, so that it forms a picturesque bit of the ground.

Along the bank of a winding brook, a rockery can be fitted in resembling a bit of nature's handiwork, adding a natural effect which is the aim of a wild garden. The planting depends upon its formation, for almost anything will grow. Then, too, it is desirable on account of its replanting, thus conserving care. Delicate ferns are best for crevices, taking care of themselves after the initial planting. Tiny wood flowers and mosses are invaluable, if you wish to confine your garden to a "woodsy rockery."

The estate need not be large to have a rockery, for it can easily form a part of your small garden, fitting picturesquely into a corner, or used as a central feature to bring out the setting of the garden proper. Remember that nature piles her own gardens irregularly, in quaint interesting bits, sprinkled with blossoms lavishly in the crevices of the rocks, thus bringing about a charming effect, well worthy of copy.

The wonderful decorative value of rocks have been utilized in the gardens of the Japanese, with their inborn appreciation of color-value. They have, in their miniature gardens, made rocks play an important part, and as a result, have attained lovely spots, which add much to the surroundings of their home.

At "Iristhorpe," the summer home of Mrs. Homer Gage at Shrewsbury, Massa-



PICTURESQUE SETTING OF ROCKS IN A JAPANESE GARDEN

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chusetts, the possibilities of rock usage to produce artistic value has been brought about by a Japanese landscape architect. Here the prosaic New England farm land has been transformed into poetical Japan, and when the vines are well established, and the garden has mellowed with age, it will be transformed into a veritable bit of Oriental beauty.

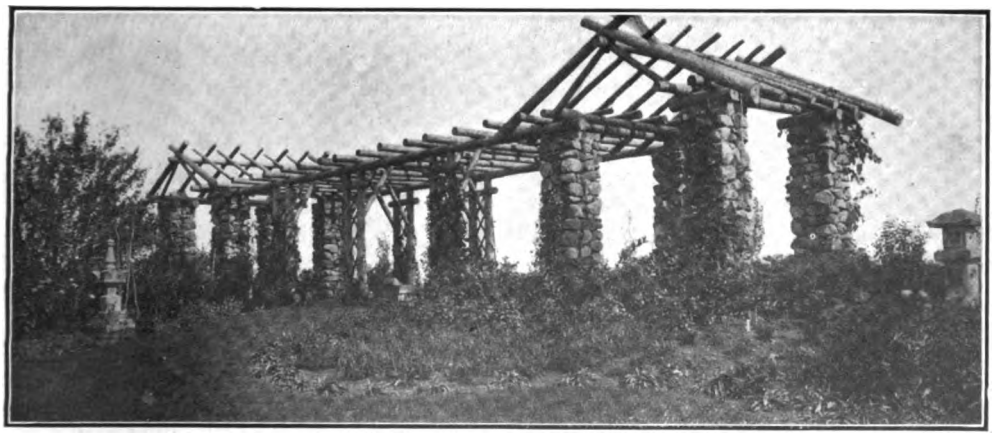
Why should we go to foreign lands for marble fragments, when field stone lies at our hand? They are an excellent adjunct for formal garden use, entering into the decorative scheme admirably. Just a simple rustic tea-house, with thatched roof, can be given a decorative setting that adds force and vitality to its architecture, through the careful placing of surrounding rocks, introducing planting in harmony with the surroundings, as designed on the George E. Barnard's estate at Ipswich, Mass.

Cluttering rocks, when eliminated from soft velvety lawn, have unlimited uses, lending themselves to almost any garden plan. How fascinating to come unexpectedly on a novel treatment of reaching garden-levels, worked out through the utilizing of rocks for steps. Nature's environment has been carefully considered so that one loses the artificiality of the scheme.

Flat, irregular surfaces should be carefully picked out for use of flooring in trellises. With a setting of cement or grass bordering, it lends itself to an old world environment. Yet it is difficult to persuade those unfamiliar with the color-value of rocks, as to their distinctive charm, and their many uses.

Used for pergola columns, the cold gray of the stone makes an artistic setting for the delicate green of the vines that clamber over them, entwining their tendrils in the crevices.

So there is in the color-scheme of "just ordinary rocks" wonderful possibilities, for they lend themselves admirably as a background for enhancing the beauty of plants, and producing a rich warmth through their many colored surfaces. Therefore, in these days of conservation, they can readily be utilized in the working out of many practical schemes on both large and small estates.



ROCK-PERGOLA WITH VINES

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COSMOS GROW RANK AND TALL

Don't Neglect the Flower Garden

By Rosamond Lampman

WHILE every available space on the farm, the village lot, and the city plot should be made to yield just as many, if not more, potatoes, onions, beans and lettuce as last year, but, what about the flower garden, should we neglect that? The spiritual and esthetic side of our natures need qualifying as well as the physical, and for either there is nothing like tending growing, blossoming plants. The woman who steals a few minutes, each day, to work among her flowers creates for herself a sweeter and broader view of life in all its forms, than the one who neglects to avail herself of this precious bit of recreation.

Happily the joy of producing a flower garden does not depend on the size of it, nor on the amount of money expended upon it, and wonderful achievements can be gained though the planter has but little leisure time to work it out, and often unpromising conditions in the way of soil and situation. The beginner usually starts with annuals, and those easiest to grow are the most desirable. A strip of ground three or four feet wide along the southern, exposed side of a building, wall or fence, makes an ideal spot for a small flower garden.

Here you can have single and double hollyhocks, both the giant and dwarf sunflowers, asters, marigolds, zennias, petunias, phlox, cornflowers, nasturtiums, alyssum, mignonette and candytuff. Do not plant them too thick; there should be space enough for them to grow free and easy. Place your taller ones, like the hollyhocks, or sunflowers, first, next the wall, or for a background, if your garden is in the open, graduating

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with others less tall on down to low-growing ones in the border.

The success of a flower garden really begins when the soil is properly prepared, and if your spot is hard and compacted, you will have to spade it industriously and thoroughly; dig it deep, removing all stones and weed roots; then break up the soil fine, and enrich it with some good fertilizing material, — barn-yard manure is best — muck and leaf-mold is often useful in ameliorating either a very hard or loose ground; work which ever is used in with the soil until the whole becomes fine and uniform in texture.

Owing to the difference in soil there can be no hard and fast rule as to how much fertilizer should be used; however, with two parts of ordinary garden loam mixed well with one part of barn-yard manure, which should be at least one year old, and, to one bushel of this, one quart of bone-meal and a very little air-slacked lime, and you have a soil fit for the well-being of most garden plants.

The first week in April is usually the time to make a flower garden, although in some localities it is better to wait until the very last end of the month. If possible, have a separate spot for your sweet-peas, and another for the poppies. Plant your peas in trenches, running north and south, for there should be plenty of sunshine on all sides. Have the trenches five or six inches deep and at least three inches broad, and the soil well enriched, then sow the seeds rather thickly, cover with an inch of soil and firm it down well with the back of the trowel. When the seedlings appear, thin out until they stand two or three inches apart, and, when these are ten to twelve inches high, fill the trench, but not before. Brush or wire them at the time of sowing, and keep them well watered during dry spells. If the soil has not been sufficiently enriched, give them an application of liquid manure now and then.

Do not plant your sweet-peas, year after year, in the same spot; if this cannot be avoided, remove the soil to the depth of three feet and replace with fresh; do this every two or three years, and you will always have a satisfactory crop each season.

Nasturtiums are easily grown, either the dwarf or climbing varieties, because they thrive well in almost any kind of soil, — in fact, the light soil seems best for them; they really blossom more luxuriantly in such a soil than in a very rich one. Sow the seeds in the open ground as soon as it is ready. The dwarf varieties will blossom in two months after sowing, and if not permitted to go to seed, will continue to bloom until the frost comes.

To my mind there are few flowers more beautiful than poppies, and they can be grown in almost any soil, requiring very little care, and there is any number of varieties to choose from. Sow in great numbers, if you have room for them, one can never have too many. Among the annuals are the lovely Shirley poppies, the most beautiful of all garden flowers, and the Californians which furnish gorgeous tints of yellow no other variety can give us. Then there are the French and German varieties — scarlet with black centers, and the single and double ones of the old-fashioned variety, growing on tall slender stalks, white, pink and scarlet, with daintily fringed petals.



THE VIRGINIA CREEPER

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For your poppy bed work the soil very, very fine, and sow the seeds sparingly, then rake in lightly and firm the soil slightly. These tiny seeds should be sown near the surface, for if planted too deep they will not germinate well.

Plant your cosmos, asters and salvia as early as possible in a warm, sheltered spot, and keep the soil moist on top by covering with a layer of dampened cotton batting until the seedlings appear, and as soon as the plants are large enough to handle transplant or thin out, allowing six inches between each plant.

Vines have always had their mission, and there is scarcely a garden in which they cannot be used to good advantage in covering unsightly places; many an ugly wall has made an ideal trellis for some beautiful clinging vine, the pushing little tendrils penetrating cracks and crevices until what once was an eye-sore becomes a thing of beauty. Among the annuals are the morning-glories, common and Japanese, the Japanese gourd, the Japanese moonflower, the Japanese hop, flowering bean, scarlet runner and the butterfly bean.

For a rapid growth among the commoner hardy vines is the Virginia creeper; this not only grows very rapidly, but it lends itself to training more readily than any other vine. The Kudzu vine is splendid for covering porches, summer-houses and pergolas. It is a root vine, dying down to the ground in the fall, its large thick glossy leaves, not affected by disease or insects, growing thick along the stems and branches, makes a perfect thatch of green from June until frost comes. The one shown here is the result of two tiny roots planted three years before.

The trumpet vine grows very quickly, too, when once started, and its gay orange-scarlet blossoms make a brilliant showing during the late summer and early fall months. Then there is the clematis of various varieties; the honeysuckle, sweet-scented and vigorous; both the white and purple wistaria, which can be twined about heavy wire and fastened to the eaves; and the ramblers, red, pink and white.



THE KUDZU VINE

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The Tart that Tamed the Tiger

By Mabel S. Merrill

PAULINE ROSE, coming out of Aunt Julia's chilly spare-room after removing the dust of her journey, almost collided with her cousin Elsie in the passage. Elsie was carrying a plate upon which were displayed five round flaky morsels with a precious dot of crimson jelly in each one.

"Oh, how nice! Are they for me?" demanded the hungry traveler.

"No such luck!" Elsie sidled away nervously with her treasure. "Mother's warming you some stew in the kitchen. These tarts are her specialty and she keeps them for the Tiger."

"For the what?" Pauline's vigorous young voice rang out so distinctly that Elsie narrowly missed dropping the plate.

"Sh! he'll hear you!" implored the tart-bearer, "his room is at the end of the passage. Nobody is allowed to speak above a whisper up here."

Gently but firmly Pauline drew her cousin and the tarts into the spare-room and shut the door.

"Now, Elsie, if I'm to stay in a house where they keep a tiger on the second floor, I must know all about it. Did you send for me to be assistant keeper?"

"Yes, no, you mustn't go near him on any account. But, of course, we sent for you because we couldn't do the whole work of feeding him and look after poor Cousin Alla, too. Mother's teaching all day at the grammar school and I'm at the bank till three. And Alla has to be waited on some, though she isn't much care."

Cousin Alla was a relative long ago made helpless by an accident. She occupied the front room downstairs, as Pauline knew.

"The Tiger never comes out of his room," went on Elsie, "except when he goes to his classes. He's the new professor of philosophy at the college. We have iron-clad orders never to disturb him. We carry his meals to his room, set the tray outside the door, knock, and vanish. If he has a fancy for any particular thing, he writes it on a slate that hangs outside the den."

Pauline had listened with round eyes. "It sounds like the first chapter of a Sherlock Holmes romance. Has he committed some crime?"

"Not yet, I guess, but he's writing a book as fast as ever he can. That's why we're not to disturb him and why he prefers a private boarding place to the college houses. And I suppose it's because he's British that he keeps writing 'Apple Tart' on the slate. It's all he has asked for the last three days, and 'most everything else on the tray has come back untouched. So today I'm carrying only the tarts for his luncheon."

Pauline looked thoughtfully at the frail circlets of pastry. Memories of Aunt Julia's cooking troubled her mind; she thought she could have told why the offerings on the tray came back untouched. But the tarts did look inviting. Was there ever a poor cook who couldn't make some one thing to perfection? But it wasn't always safe to try to live on "specialties."

"If that's all he has eaten for the past three days, he'll be a dead Tiger in no time," she objected.

"Well, what are you going to do in such a case? And you won't worry about his dying when you know him better. Grouty people always do live through thick and thin. Oh, of course it's a gentlemanly kind of crossgrainedness. He's so short when you meet him I always think he ought to be called a professor of pie-crust instead of philosophy."

Elsie and the tarts whisked down the passage and Pauline cautiously descended to the kitchen where Aunt Julia awaited

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her with hot stew and affectionate welcome.

"It was so good of you to come, dear," said the tired teacher. "Your mother has so many girls I thought it wasn't too selfish to beg one, and it was plain as the nose on your face that Elsie and I couldn't keep our heads above water any longer without some help. There's Cousin Alla to look after and we're positively at our wit's end over Professor Cunliffe and his everlasting 'Apple Tart' staring at us from that slate. I sit up till twelve many a night trying to get the tart shells just the right flakiness, and my stock of jelly is dwindling down till it scares me to look at it. But he pays fifteen dollars a week, and we must hold on to him for dear life. He has already hinted that he is likely to 'make a change.'"

"I'll do my level best," promised Pauline.

The new housekeeper was much relieved when she got them all off next morning except Cousin Alla, who was early settled in her room with her work and the black cat for company. Aunt Julia and Elsie had decided to take their luncheon today because it rained. Professor Cunliffe had gone splashing off towards the campus under an umbrella, which did not hide the fact that his back looked decidedly aggressive.

"His hair is grey," said Pauline to herself, as she surveyed him from the kitchen window, "and his coffee wasn't fit to drink this morning. It strikes me there has got to be a new leaf turned over here right away. But I don't quite know how to begin. I'll slip upstairs first and see if he has left any instructions on the slate."

At the door of the Tiger's den Pauline frowned over the legend, "Apple Tart," written large and savagely underscored.

"My theory is that it's a form of dementia," mused the girl, "harmless at present, but you never know when a thing of that kind is going to leave off being harmless; his writing looks violent enough. All the same, I shan't sit up till twelve making tart shells till I find out whether he can be tamed by other methods."

The young housekeeper had the kitchen to herself through a long forenoon and enjoyed her labors immensely. At home she could revel in cooking, but the big farmhouse kitchen was the chosen resort of the whole family and it was wild work sometimes to steer a safe course from pantry to oven. Here there was a clear field and no distractions.

"Tiger or no Tiger, I'm going to be happy here," decided Pauline. "Only I'm afraid it will be a little bit lonesome, and, if I'm too contented, my conscience will jab at me and tell me I ought to be earning some money and getting ahead in the world."

By noon the big kitchen-table was covered with brown loaves of bread, besides cookies, fruit cake, and, most inviting of all, a row of crispy-looking apple pies, plump and delicious.

"Pies aren't a wickedness, if you use vegetable shortening and syrup for sweetening," argued the girl. "Besides, apple pies are *my* specialty. I want to see if they won't divert his mind from those trifling little tarts. There he comes this minute, not so stealthily as a tiger should approach, either."

The professor of philosophy had slammed in at the back door, tramped up the back stairs and shut himself into his room.

"He's a partially civilized tiger, or he wouldn't stop to consider Aunt Julia's front stair carpet this wet day," commented Pauline. "I'm sure he can be tamed if I don't bungle it. But I never had much experience with the species. There, this tray is ready."

The tray was a large one and the central place was occupied by a deep bowl of hot soup, which gave off savory odors. It was flanked by warm buttered rolls, cookies, a wedge of fruit cake, baked sweet apples, and a little silver coffee pot, whose fragrant breath might have reached the Tiger in his den. Perhaps it did, for

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Pauline heard his door open and close before she got downstairs. Elsie had complained that he would sometimes leave the tray reposing on the mat for an hour before he would take it in.

Pauline was prepared to find the tray pretty well cleared when she went up to get it. Her cookery offerings were seldom sent back untouched. She smiled as she saw that every crumb was gone, and the coffee pot drained dry. But she was not prepared to find a note sticking in the nose of that receptacle.

"Fine!" said the message, "but couldn't you scare up an apple tart for supper?"

"It's certainly a mania," pronounced Pauline, "and shouldn't be indulged, at least not today. The tart shells are all gone and he'll have to fare like the rest of us at supper time."

At three o'clock came a message from Elsie at the bank that she was going right over to the school building to help mother with a stack of examination papers, and that they wouldn't be home till late in the evening.

"You'll have to do the best you can with the Tiger, you poor dear," added Elsie. "You know we wouldn't leave you alone with him if we could help it."

"Now is my chance," breathed Pauline. "Fate has delivered him into my hands!"

Cousin Alla always took supper early. She was safely settled in her firelit room by six o'clock, and at half past Pauline surveyed her table in the kitchen with satisfaction. She had covered it with a white cloth and set forth upon it the whole of the banquet. That was the way father and the boys liked it at home. The *piece de resistance* was brown smothered beef with a mountain of baked potatoes. There was fresh bread, warm gingerbread, and, in the place of honor, the largest and crispest of those new apple pies.

"It's been deathly still in the den all the afternoon," said Pauline. "That means he has been working furiously at the book and has let his fire go out, so he will be starved and frozen stiff. Well, that will make my taming job all the easier."

At the hour when the tray was usually sent up Pauline tripped along the passage and slipped a note under the door of the den. "The kitchen is warm as toast," she had written. "Come down and have your supper by the fire. A live man is better than a dead—" she longed to say "tiger" but had finally substituted "author."

Back in the kitchen her heart missed a beat at the sound of a step in the passage. But she opened the door courageously. The gray-haired man with keen clever face and twinkling eyes did not look in the least ferocious. Inside the door he stopped and pointed a rapturous finger at the crispy new pie.

"The apple tart at last!" he cried incredulously.

"That? — do you call that a tart?" gasped Pauline. "Why, seems to me I do remember that they call a fruit-pie a tart in England. And they've been feeding you on those dots of jelly that wouldn't keep life in a canary bird over night!"

"Never mind, this more than makes up for it," the professor of philosophy averred. "If you look after me like this, I shan't be a dead author for years to come — not in a literal sense."

"Tiger indeed!" said Pauline to Elsie, after the two tired workers reached the haven of the kitchen at nine o'clock. "He's a perfect dear. I can talk to him just as I can to daddy and the boys. What do you think, Elsie? I've got the chance to earn; that was all I lacked here. Five hours' teaching a week in the domestic science department at the college."

"As long as it doesn't take you away from us I consent," declared Elsie. "But I hope you'll teach that man to use the word 'pie' like a Yankee."

"If she can keep him with us," suggested Aunt Julia, "we can all afford to learn to say 'tart' like a Briton."

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A Fitting Monument

By L. M. Thornton

"IT should be easy to raise the money," said the president of the Civic Club with justifiable pride. Hedgeton was a small town, but a town of broad-minded and financially independent men. "That part need give us no anxiety. We want to honor the names of the men who went out from peaceful village homes and now sleep on blood-stained battle fields."

President Peterson was always called upon to give the patriotic addresses, and those present had heard him so often that his words attracted no especial attention from the men gathered before him. "A monument of gray granite located in our recently acquired addition to Forest Hill cemtery, and with each name engraved upon, it would certainly show that we appreciate their brave and daring deeds, the sacrifices they made. We are all in favor of such a monument," the members nodded their approval, "but ah — er — ahem,— wouldn't it be well to consult the ladies before we exactly decided upon the details. Sometimes women have ideas, sometimes they, they —" the famous speechmaker was floundering like a school boy, "sometimes they, er — er — curb the loftier ambitions of man and their suggestions are — are — worth waiting for."

The president seated himself and there was silence in the hall. One man remembered the silk hat he purchased in the days when his best suit was a ready-made homespun of a forgotten style, and another was thinking of his wife's suggestion that a set of china that matched should come before a full chest of silver. Finally a motion was made "that we talk the momentous question over with our wives," and the meeting adjourned.

But the wives had not waited to learn of the making of the motion. After the raising of a fund to commemorate the deeds of the soldier dead was suggested, they held two tea-parties, a meeting of the Red Cross chapter and a church supper. Long before the Civic Club had reached the point where they were considering the advantages of gray granite over white marble for a monument, the ladies had decided that, whereas ten boys from Hedgeton had died in the service, two hundred and forty-seven had or were to return, after doing their bit, and these two hundred and forty-seven needed a gymnasium, a swimming pool, a recreation hall and shower baths, much more than the ten needed a tombstone.

Without the formality of a public meeting, but in the interim, between giving baby his morning bath, buying a new carpet for the W. C. T. U. rest rooms, holding the grocer down to a reasonable profit and darning masculine socks, they selected a vacant lot, centrally located, and were considering whether to have the bronze tablet containing the names of those who had made the supreme sacrifice over the front door or in the library and reading-room, when President Peterson said to Mrs. Peterson: "The Civic Club held a meeting last evening, and decided that the town of Hedgeton should show its appreciation of our boys who went out to help make the world a better place for high and low, for rich and poor. They gave their lives for Liberty and it is only just and fitting —"

Mrs. Peterson, glancing out of the window, saw the milkman coming down the street and remembered that, in order to try a new recipe given in a magazine just received, she needed an extra quart of milk, so she interrupted him. "We certainly had, and a public building with swimming pools, recreation hall, gymnasium, etc., is the proper kind of a

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monument for a twentieth century town to erect. We can't build the pyramids or a Sphynx. Hedgeton don't need a Cleopatra's needle, but when those two hundred and forty-seven soldier boys get home, we do need a place where they can get together to spend an evening without going to a pool-room. There are another two hundred and forty-seven boys and girls growing up in this town who need to have someone make it a better and safer place to live in. There isn't a library, a gymnasium nor a social center here, and the quicker that 'monument' is up and ready for use the better it will be."

The president of the Civic Club held his breath. How was he to present this ultimatum to his fellow-members of the club? There was no need for worry. Thirty-nine other wives were preparing to present it, and much more forcibly than he could hope to.

The subscription papers were written by the men of the village and the women circulated them. A fair was held at the town hall and the man who failed to patronize it faced social ostracism. Six card-parties, a baby show and a cafeteria supper added to the money in the hands of the treasurer, and before the Civic Club could get a quorum for the holding of another meeting the date had been set for the laying of the corner-stone.

Architects, masons, carpenters, fitters and plumbers worked under the encouraging and inspiring eyes of self-appointed inspectors, and in an incredibly short space of time the modest but comfortable building was ready for the ceremonies of opening night.

Every returned soldier was urged to be present, and the cadet corps from the high school furnished the music for the evening. There was dancing in the recreation hall and refreshments served from two long tables set up in the gymnasium. After the singing of America, the president of the Civic Club was asked to make an address, and this he did, his words being loudly applauded by members of the club, their wives, and every boy and girl in the town. He began as follows:

"Friends and neighbors. We are glad to be here tonight. Glad for this beautiful building, and glad that we have here with us so many brave boys who risked their lives that Liberty might not perish from off the earth. We are glad that we have been able to give them this sightly structure, for we feel that it is theirs, a fitting tribute from those who were forced because of unsurmountable obstacles to remain at home. We point with pride to the tablet on which the names of our hero dead are enrolled. They fought a good fight, and every name written there is also inscribed upon the heart of every man and woman in this audience. Six months ago, when the Civic Club conceived the idea of a fitting monument to the soldiers of this town, we could not foresee to what that idea would lead. We are glad and proud of the work that has been done and tonight it is my great pleasure to announce that the entire cost of the building has been met and we can say that we, also, have done a good work."

"What is it puts the lines on the faces?" Amberson asked. "I'll tell you what puts the lines there," Eugene said. "Age puts some and trouble puts some, and work puts some, but the deepest are carved by lack of faith. The serenest brow is the one that believes the most." — *"The Magnificent Ambersons," by Booth Tarkington.*

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How to Secure a Better City Milk Supply

By W. A. Freehoff

FOR the past five years the writer lived on a farm where the milk supply solved itself automatically. Whenever we needed any milk we would rob one of the big eight-gallon cans in which our milk was shipped, or else we would dedicate one cow out of the herd for the table and save her milk. As we kept Guernsey cows, which are noted for their rich milk of fine quality, we did not know what it was to have a cream or milk famine.

But now we are living in the city. Daily the milkman comes whistling up the walk and leaves his quart of milk and half pint of cream, and takes with him tickets representing twenty-six cents of good American money.

The milk is very likely up to the required three per cent standard, for we haven't heard of our dealer being "pinched" recently, but it has a chalky, bluish sort of color not even remotely related to the yellowish, creamy milk of our farm days. As for the cream, a half pint of 18 per cent is hardly enough for one person's breakfast cereal.

Decidedly, we are not satisfied, even though we recognize that more than mere fat determines the food value of milk, and that at present prices standard milk is one of the cheapest and most wholesome of all foods. What we object to is not the price, for we would gladly pay more, if we could get the quality we want.

There are two kinds of milk shipped to the big city distributors. The big bulk of it is Holstein milk. A small portion is milk from the Channel Island breeds, the Jerseys and the Guernseys. It is not within the province of this article to state that either class of milk is better than the other, for both classes of milk are intended for a specific purpose.

Livestock auctioneers, when selling dairy cows have two stock stories. When selling Holsteins the version is like this:

"To tell whether a cow is a Holstein, or Guernsey or Jersey you have to milk her. Put a dollar in the bottom of the pail, and if the milk just covers the dollar, but no more, the cow is undeniably a Jersey or Guernsey."

Holstein men will admit that Jersey milk is richer than Holstein milk, but they claim that the former breed produces so little milk as to be a joke.

The Jersey auctioneer tells the story thusly:

"If you put a dollar into a milk pail, and, when you have milked the pail full, you can still see the dollar in the bottom of the pail, you have been milking a Holstein."

Ayrshires and common or native cows give a milk somewhere between the Guernsey and the Holstein in both butter-fat quality and amount of milk. This milk, for convenience sake, can well be classified as belonging to the Holstein class.

Holstein and the allied milks contain anywhere from three to four per cent butter-fat. The other food elements, such as minerals and proteins, are present in proportions. Holstein advocates claim that this milk is better suited for human consumption than the far richer Guernsey and Jersey milk. Advocates of the Guernsey and Jersey deny this and claim that the superior quality of the richer milk entitles it to first place.

As a matter of fact, most of the Guernsey and Jersey milk is sent to creameries and converted into butter or else shipped to the cities to be sold as cream. A very small proportion is bottled on so-called certified milk-farms and sold to a discriminating trade at an advanced price. Some Holstein milk is also certified.

Except in the southern states, where

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the Jersey is favorite, the Holstein cow predominates on the dairy farms of this country. She is a big, strapping cow, well suited to our farm conditions, and from the standpoint of the farmer the ideal dairy cow, because she produces such large quantities of milk. The writer, in spite of the fact that his personal preference lies with another breed, must admit that there is not the slightest possibility of the Holstein ever being replaced for the production of market milk.

The great majority of us who live in the cities must therefore become reconciled to the fact that we must draw our milk supply from Holstein or similar sources. If we live in very large cities, we may be able, by paying twenty-five cents a quart, to secure certified milk of better quality, but ordinarily we are at the mercy of the milk dealer.

The first step in securing a better city milk supply would be to make it compulsory for dealers to pay for milk on a basis of proteins, not fat and butter-fat. Under the present system of paying for milk by the quart, regardless of butter-fat content, the farmer will separate the richer milk, because he can get more for it in the form of cream. In some cities wholesale milk is purchased on the double standard of fat and protein, a premium being paid for milk exceeding a certain standard.

Now it is a remarkable fact that, if we do not consider quality, skim milk is almost the equal of whole milk in food value. The food value of the butter-fat in milk is not so great, although, naturally, a taste for skim milk must be acquired. It is not very palatable.

Farmers feed whole milk to calves only for several weeks and then the calf is raised almost exclusively on skim milk. Its coat may not be quite so sleek as that of the whole-milk calf, but it is fully as strong and thrifty.

If people learned to use skim milk more for cooking, and also as a table drink, it would mean that more cream would be available for table cream and butter purposes.

The second step in securing a better milk supply is to pay for milk according to the inspection rating of the farmer. If he has a good thrifty herd of cows, if he uses wholesome feeds, if his barn is comfortable, clean and well lighted, if the cattle are kept well groomed, if the milking is done under sanitary conditions, and if the milk is gotten to market still in sanitary condition, the farmer should get much more for his milk than the one who is careless and filthy. For remember, considering present prices of other food-commodities, the wise man is interested less in keeping down the price of milk than he is in getting clean milk of good quality.

These two means: paying for milk according to its analyzed contents, and paying for milk produced under sanitary conditions, are in themselves sufficient to guarantee a better supply of milk, providing the standard of payment is made adequate. Some farmers may be profiteers, but the dairy farmer most certainly is not. Very often he does not get half of what the ultimate consumer pays. The so-called high cost of milk is the result very largely of an antiquated delivery system rather than because of extortion by the dairyman.

Every time the price of milk is raised a cent, the city press and consumers' league "take a whack" at the farmer. Once in a while a great daily sees the light, as witness *The Chicago Tribune*, which, after soundly berating the farmer, looked into the matter and spoke up boldly for an adequate price for milk. The real issue is not so much the price of milk as paying enough to the farmer so that he can maintain a high sanitary standard and still make a profit. The cost of production, plus a reasonable profit for the farmer, plus the cost of a sane system of distribution, plus a reasonable profit for the distributor, should constitute the price of milk,

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regardless of what this price might prove to be.

To set an arbitrary price of ten cents, or twelve cents, or fifteen cents even, and then work the schedule out backwards is not scientific and will not help to give us a better quality of market milk.

How My Family Saved Fats

By Jessamine Chapman Williams

WHEN it became necessary to pay two cents for every tablespoonful of butter we used in our family, and I knew that we were paying that sum just to satisfy our palates with that specific flavor, I then and there decided that something must be done. I knew that a *calorie* of energy is as valuable from one source as another and that, measure for measure, other fats than butter would give the same energy. Then came the question of that most essential something in our food, the Fat Soluble substance, which we are told is found in butter. This, I learned, could be obtained from whole milk, so my first decision was to economize and conserve fat by buying more milk and less butter and cream.

In choosing a butter substitute, I found that oleomargarine, made largely from beef-oil, contains some, at least, of this Fat Soluble A, and if I increased the family milk supply so that the children were getting nearly a quart each a day, oleomargarine could replace some butter. If then I could give the family butter only where its flavor was most desirable and expected, and realize that it matters little whether we use lard, cottonseed oil, suet, or the most expensive imported olive oil, from the standpoint *of fuel* obtained, I could use any clean and wholesome fat in cooking with a perfectly clear conscience.

I found it economical and patriotic, too, to clarify every bit of fat, mixing hard and soft kinds together to get a degree of hardness satisfactory to use in breads, cakes and pastry and in all my cooking. Of course, it costs in time and labor, but saves in *food* and money, and just now there is less food than time or labor.

I began with firm determination to reduce our fat consumption by two methods: By lessening the amount we actually used, and by eliminating every source of waste, I sat down with pencil and paper one day and thought out my procedure.

First, to lessen the amount of butter used at the table, without even a why raised by the family, I determined to apportion the amount that seemed legitimate for table use and not to go over this mark. I began spreading the toast at the table, instead of in the kitchen, where it was so hot that it took up an undue amount without one's noticing it particularly. Then I acquired some skill in making butter-balls for the table with a little hollow inside, instead of solid throughout, and while they were of the same size as before, they contained one-fourth less butter. No one in the family ever missed that amount.

I spent a little more thought in planning my meals, so that more gravy and less butter would be used without the family realizing this slight change. Milk gravy has always been held in high regard in our household and that proved one way of using some of my extra supply of milk to an advantage. It saved considerable butter at table.

In the kitchen I found I could use the extra fat from my roast or pan-broiled

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meat, to season the vegetable I served at the same meal, instead of dipping into the butter jar. Since the vegetable was eaten along with the meat, it only accentuated the meat flavor which no one objected to.

I did continue to do some frying, only occasionally, however, but I learned that doughnuts or fritters, or fish cakes or croquettes, absorbed less fat when they were made a little stiffer than I used to make them. This did not affect the quality to any degree, but it saved an appreciable amount of fat and, hence, seemed most worth while. I learned to get a very even, brown, crisp crust on croquettes by baking them instead of deep-fat frying, basting them frequently with a little fat. Bake, boil and broil more — fry less — is the Food Administration's advice, and I have tried to observe that request.

I have found I could reduce the amount of fat in all my old recipes without any noticeable change in the quality. For example, my favorite gingerbread recipe calls for one-half cup of shortening. I reduced it to *one-fourth* cup and added more moisture instead. The product seemed equally good, except it did not remain as moist the next day, but usually there is no "next day" for gingerbread in our house, so what did that matter.

I save a few drops of fat by holding the frying-pan an extra minute to drain, realizing what that means in calories of fuel, as I recall the old rhyme:

"Little drops of water,
Little grains of sand,
Make the mighty ocean,
And the wondrous land."

It makes a difference in the amount of shortening you need in cornbread and other cornmeal dishes whether you buy the water-ground (germ containing) meal or the new process meal (de-germinated). The germ of the corn kernel is so rich in fat that less fat is needed in making breads, when the germ-containing meal is used. We now get our cornmeal ground fresh from a local mill not far away. Of course, changing our food customs means changing our cooking customs to some degree, but we ought to be thankful to be jostled out of our old notions, now and then, to wake us up and set us thinking.

One of the most successful schemes I have adopted to save money and use a fat apparently not as desirable as some, because of its hardness, is to clarify suet fat in a way that renders it soft enough to use anywhere, and odorless and tasteless enough to remove any objection one might have to its use. This is the method I use in clarifying suet:

Remove any fibrous portions from the suet, then grind through the food chopper. Put in the double boiler and render over hot water. Strain through a sieve to remove tissues and return the strained fat to the double boiler. Add an equal measure of cold water and again heat over hot water, stirring frequently. When mixture is hot, stir well and remove from fire. Cool quickly and suet will form in a cake on top of water. As soon as it is set, but before it becomes hard, remove from water and beat into it one tablespoonful of salt to each cup of fat.

Heating the fat with water removes the suet flavor. Heating until creamy when adding the salt helps to overcome the extreme hardness which is one objectionable feature of this fat.

I kept account of the amount of fat our family used in *one week*, using as *much* and as *expensive* fats as we ever cared for. The second week, with more thought and labor, to be sure, I cut down the amount of fat used in cooking and the amount of butter served at table one-third, using the various means I have just described. If it is true that we Americans *eat* and *waste* 140 *per cent* more fat than is necessary, I am sure I need have little fears that my family have suffered by this reduction.

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The Patriotism of Prevention

By Emma Gary Wallace

IT saves time, money and nerve strain to take such good care of ourselves and all our belongings that we do not have to seek cures and devise repairs. This is true conservation of the most patriotic type, for it saves both labor and material and increases human efficiency.

Remembering this, the careful housekeeper will not be forgetful of the old adage that "Trifles make up perfection, and yet perfection is no trifle." It is *thought* and *forethought* which keep the home machinery running smoothly and yet keep everything in good condition, for to let our surroundings become shabby is either to lower our standards of living, or else to make inevitable a day of reckoning that will mean much trouble and expense.

Improperly cared for household apparatus is most unsatisfactory to use and soon requires repairing or replacing altogether. Every home should have a cupboard, shelf, box, or some particular place where books of instruction and direction for the care of such articles are kept for instant reference. When a new refrigerator is bought, a book will come with it, published by the manufacturers at considerable cost, which will explain how to care for that refrigerator properly so as not to destroy the outside and inside finish; the electric-sweeper book will tell how to care for, clean, oil and adjust that useful article. The washing machine, the electric or gas iron, the range, the gas stove, the fireless cooker, the sewing machine, the carpet sweeper, the floor polisher, and the innumerable other articles, which we collect about our houses, all have special directions, which sooner or later we will need to use.

If the service given by these books of direction was not valuable, the manufacturers would not take the trouble to place them in our hands, but they are of small use, if they are laid aside, forgotten and lost. Business men file such booklets of instruction carefully, knowing that they are valuable and that some day they will save both annoyance and expense.

Failure to wash and dry tinware and other metal utensils, means that they will soon rust and have to be replaced. Metals of all kinds are increasingly expensive. One of the most valuable habits young people can be trained to have is orderliness. My neighbor, who is an excellent man, yet who left an expensive saw, plane and pair of pliers out of doors in the grass of his small back yard while he went on a week's trip, had not learned this lesson as a boy.

Garments that are cared for, at once, when repairs are needed, cleaned and pressed as necessary, will last longest, look best and make the wearer much more self-respecting than if allowed to become shiny, frayed at the edges and baggy.

A great many families and individuals too, for that matter, make unnecessary washing and cleaning because of thoughtless carelessness. This is a deliberate waste of time, work and money. Every member of a family should be willing to clean the shoes upon a rubber or brush mat at the door; to take hold of door handles instead of the edges of the doors themselves, thus leaving soiled places; and to be reasonably neat and careful.

Not long since a very good friend of mine prepared her guest-room with the greatest of enthusiasm for a coming visitor. She took pleasure in making everything as immaculate and as spotless as possible for her old college chum who was to be her guest for the first time.

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Yet when that guest came, she tracked into the spotless hall with muddy rubbers, set her dripping umbrella in a corner where the wet covering left a splotch upon the newly-papered wall, and the umbrella itself dripped and spotted the shining hardwood floor before the hostess discovered and removed it.

In half an hour the bed chamber, prepared with such care, looked nothing short of utterly discouraged. The traveler had removed the dust of her journey from her cloak and hat by giving them a thorough brushing before hanging them in the closet, although there was an outside balcony at the end of the hall but a few steps away; her small, leather traveling bag was set upon the polished table, a bouquet of flowers being pushed to one side and the freshly laundered, embroidered centerpiece upon the top of it being pushed askew and rumpled. To save stooping, the suit case was opened and unpacked upon the bed, and when it was removed the snowy counterpane was perceptibly soiled. The top of the dresser was strewn with small articles, and a couple of ragged covered magazines tossed into a chair. The rug by the bedside was kicked up and garments taken from the suit case, shaken out and tossed over chairs.

Before dressing for dinner, she decided to rest for half an hour, and slipping on a handsome kimono, lay down upon the bed, thoughtlessly resting one shoe on a daintily-colored, silk-covered, down puff, and the other upon the white spread. A slight mark was left upon both for she had not removed her walking shoes.

Now I happened to know that after that visitor had passed on, it took the one who had entertained her two entire days of hard work to restore the room to its original condition, and that did not include the expense of sending the little mahogany table, already mentioned, to be refinished, in order to obliterate the scratches upon it.

Every member of the family should be interested to keep the home in as nice condition as possible and to save unnecessary labor for others. Surely a welcome guest should not consider it a burden to make as little confusion and extra work as possible.

We have smiled at the jokes and humorous pictures of children who had made a pretense of washing their hands, after which a clear-cut imprint was still left upon the towel. The war is going to bring home to us the great truth that even such seemingly unimportant acts as this have a patriotic and a slacker side, for the good of one is the good of all, so far-reaching in its effect is every act.

We will never go back to the old, easy-going days before the war, for we have now learned the value of a penny, a slice of bread, a spoonful of flour or sugar, in the aggregate. Doing our "bit" has come to mean, doing our "best" everywhere.

The patriotism of prevention is the spirit of thrifty foresight, which enables us to so order and organize our affairs that nine stitches will not be necessary when one will do if taken in time.

A Blinded Poilu to His Nurse

I know you only by your tears . . .
I felt them falling on my face.
I had wakened on a hush of dark,
And lay I knew not in what place.

O lady, not a dream was mine!
Despair had told the truth to me,
And I was fearful of life's call,
And bitter with my destiny.

But the warm touches of your soul
Guided me to the darkened years.
Sweet reconciler of my days,
I know you only by your tears.

— *Agnes Lee.*

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Evening Schools and Classes

By Anna E. Richardson

THERE is an increasing demand for evening school classes, and in some sections of the country the work is flourishing. However, there is much work to be done in encouraging women to attend evening classes. It is only among a rare group that you find people eager for such instruction. Interest in such work must be developed by every available means and the recruiting of the evening school class is one of the most difficult problems of the home economics teacher. The important thing is to provide the sort of instruction which is needed and to arouse the interest of the women in the community so that they will desire such work. The types of homes in the community, the household practices and the employment of household help will dictate in a large measure the kinds of classes to be organized and the work to be undertaken. The industrial and commercial life of the community has its effect on household habits, food, clothing and home activities. All of these should be studied before the classes are organized. Local organizations of women should be used to further the establishment of such classes, mothers' clubs, fraternal orders, church societies, visiting nurses and house to house canvass on the part of the teacher, all will help in successfully organizing short-time courses. In some of the states the evening classes in home economics is the basis of the Americanization program, as it has been found English standards of right living and citizenship can better be taught to the women, while dealing with the simple foods which she is accustomed to handle, than by the general methods used in the class-room. Too often the failure of evening school classes is due to the fact that the wishes and tastes of the groups to be reached have not been sufficiently studied, the teacher has attempted to put over some preconceived notions of her own. The efficiency test of an evening school is the number and kinds of students held, not merely the number of new recruits.

The teacher is the very large factor in evening school classes, and it is important that she be chosen because of her interest and understanding of the needs of the women as well as her ability to handle the subject which she is to teach. Successful evening school teaching is far more difficult than day school work. It requires more experience, more tact, more general understanding of the life of the people. The more successful evening school teachers have frequently been selected because of their general qualifications rather than because of their special training. We should make an effort to combine the two by choosing for special training mature women who have proven their ability along the lines needed. A number of the states are pursuing just this plan and are already, as a part of the duty of the state supervisor, selecting groups of women who are qualified to teach some phase of home economics, as for instance millinery, dressmaking, care of the health of the family, etc., for special short courses, which will give them the essential methods work in the presentation of the subject and some classroom management.

With the maintenance of high prices and the ever increasing demands upon the housewife for wise expenditures, if the income is to provide the essentials for family life, there seems scarcely a community so small but that a class for mothers and young women out of school could be organized if the right kind of interest is back of it. Every community should do its part to provide teachers and courses which will offer the instruction needed by our women.

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A Dickens Supper

By Mary Alice Smith

IN our family circle among the most enjoyable times we have are those when special days are celebrated, mainly the birthdays of the great. After Washington, Lincoln and others, our favorite authors have preference. When a centenary occurs there is special demonstration and interest. We may have guests, but generally not — the simplest preparation has delightful significance for us, where sometimes the average guest would not fit in; for it is certainly true that too much care cannot be taken in fitting the entertainment and the guest together. For instance, at our Dickens supper, one without love for Dickens or unfamiliar with his works could not have found the amusement enjoyed by those who entered into it with the zest of the initiated. Surprise is always a pleasant feature about these things, and there must be a meaning or a reason for being.

On the evening of February 7, when we entered the dining-room it was to be reminded that it was Dickens' birthday. The table was lighted with candles, an unframed picture of the novelist leaned against the candelabra, partially concealed by a small silken Union Jack, and the place cards bore quotations from the different novels, the names of the characters to be supplied.

The supper stood ready — but no "wiand" was "wisible;" there were a number of covered dishes, and smaller ones, or plates, above which were set, teepee-like, partially unfolded napkins. To the point of each teepee was pinned a slip of paper on which was written the name of one of Dickens' novels; and caught between top and dish other slips bearing names of others. The plan was to have the name of the book suggest the viand: thus, "Great Expectations" suggested the *pork pie* that was Pip's undoing; "Christmas Carol" at once recalled the dinner and Little Tim and *apple sauce*; David Copperfield suggested *biscuit* — "Brooks of Sheffield" was given wine and biscuit by Mr. Murdstone and his friend; "Dombey and Son" recalled Walter and the *preserves* he would send his Uncle Sol from The Barbadoes. And so on. Only a simple menu was planned, because it was just a little home supper. It included the following:

"Great Expectations"	Pork pie
"Christmas Carol"	Apple sauce
"Nicholas Nickleby"	Pickled cucumbers
"David Copperfield"	Biscuit
"Our Mutual Friend"	Muffins
"Oliver Twist"	Cheese
"Pickwick Papers"	Cake
"Dombey and Son"	Preserves
"Barnaby Rudge"	Milk
"Bleak House"	Tea

At Gad's Hill Dickens had a custom, called "tray time,"— just before the hour for retiring a tray was brought in with a hot drink and some simple refreshment; our sister, mindful of this, surprised us with chocolate and hot-cross buns. After supper we had been reading aloud "My Father as I Remember Him," the story of Dickens' life by his daughter, and "tray time" closed quite happily an evening voted by all most enjoyable.

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ENTERED AT BOSTON POST-OFFICE AS SECOND-CLASS MATTER

A Prayer

Great God above, our hearts are full today
With happiness and silent gratitude
That our mad foes have been at last subdued.
Must we forgive at once their crimes, we pray?
The motherheart is merciful, alway,
Fair, reasonable, forgiving, never rude,
With kindly justice and esteem imbued —
But must her bleeding heart such homage pay?
Our laws do not exact such heavy toll;
We mete out punishment befitting crime —
The murderer pays the price with his own soul,
And those suspicioned earn respect through time!
Help us, O God, who willed that we should win —
To see things right — to know when sin is sin!

— *Caroline Louise Sumner.*

CHANGE

THE Food Administration has removed all restrictions on food supplies, but the prices of foodstuffs have not yet declined. The transition from war-times to peace-times is not altogether a smooth and easy way for the housekeeper. The change is welcomed, and yet, the call for the practice of economy is just as urgent as ever. The food problem baffles the best efforts of the combined nations of the earth. The necessity for food is exacting, the lack of it breeds discontent, revolution and pestilence, everywhere.

At the present time the subjects of thought are so numerous, so many things are pressing for attention, that the minds of many people are well-nigh distracted. The newspapers are flourishing, no doubt. The variety in their display of headlines shows this. Besides, of the making of many books there is no end. These all tend to indicate that people are anxious to know what is going on in the world today and what they may look forward to, or expect, in the future.

For the housekeeper to adjust and re-adjust herself to the conditions of the day is no simple and easy task. We may not trust ever to see the good old times return again, but may we not hope that out of the present turmoil and confusion of events some good may result, and that even better times than ever in the past may eventually come? We believe in the progress of mankind. "Through the ages one increasing purpose runs."

PROGRESS

WE judge people, either individuals or classes, by what they say and do. We have no other means of estimating character. By their fruits ye shall know them. By this standard, the extreme socialist and the Bolshevist are to be utterly condemned. A socialist was reported to have said recently, it was the aim of socialism to take possession of everything in sight, to leave nothing, even to the bourgeoise, save the mere earth. The Bolshevist seems inclined, not only to take everything in sight without scruple, but to kill every one who opposes him. He is said not to be in favor of schools and education. In a scheme of this nature what chance is there for giving a fair and square deal to everybody.

In all times the world has been struggling to rid itself of autocracy in government, the rule of might. Considerable progress has been made; in recent years the movement towards free government has been rapid, though somewhat strenu-

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ous. But notwithstanding all that has been gained, we feel certain the reign of Czarism, with all its faults, was preferable to that of Bolshevism, as it stalks on earth today. We believe in a representative form of government — a government in which all the people have equal rights and all are justly, honestly and intelligently represented. The nature and character of every form of government are dependent on the intelligence of the people who authorize and maintain it. The prosperity of our schools, therefore, is of deep concern to all. Do we realize how much of healthful living and general well-being is dependent on the kind and quality of instruction given in our public schools?

ANOTHER NEEDED LEAGUE

EVERY friend of terse English, or of well-tested ways of looking at the world, will wish to encourage as best he may the country-wide league now forming for advancement of classical studies in American secondary schools and colleges. This plan for centering and guiding the classical interests that now are both scattered and attacked brings with it the approval of a strong committee within the National Education Association. The constitution has already been drafted and sent out for critical reading. As the small committee in charge of these early steps in organization is headed by Dean Andrew F. West, rapid progress may be expected.

And rapid progress will be needed. For there is only one question now before the schools: Can our system of education grasp the lessons of the war and teach with still more vigor, not only the means of livelihood, but the indispensable truths that keep men free and give whole nations what is worth their fighting for at home and overseas?

That in the last year and a half our young men have obeyed the summons of the draft as a call of honor, and that our older leaders of opinion have from the first urged our fighting as an affair, not of profit nor of compulsion, but of self-respect and international fair play — these two facts will stand for all time as golden entries in the history of the American people. And for both facts we must give main credit to the spirit of the training in our schools and colleges.

But under what difficulties our institutions have done this service! The public schools, in particular, have stood to their tasks in spite of overcrowding and underpayment. Year by year, our homes, industries, courts, churches ask the educational system to do more; and yet, year by year, we let the schools go pinched by a growing city budget, or a timid town meeting's appropriation. Teachers and professors now have to be of missionary stuff; they must eke out their slender checks with pay in finer values. From all quarters come thoughtless attacks on the schools for trying to maintain or improve such standards of thoroughness as they can have. Only the conscientious principal or superintendent or college dean understands the general pressure now at work for the easier, the showier, the shallower in our schooling. How an honest school man, convinced that a nation's life is more than bread-and-butter, must come to hate the smooth-worn arguments: "Bread-and-butter before the cultural," "Right or wrong, the public pays the school tax; let it shape the policy," "Eventually: why not now?"

With our schools and colleges thus underfed and pestered, we should welcome every new plan that promises to aid their work for what has more than hand-to-mouth importance. Of course, our young men and women need vocational training and homely truths applied to common facts; but they need no less the teachings that will make them more than their employers' employees and their employees' employers.

If, as Bismarck said, it was the Prussian schoolmaster that won the Franco-Prussian war, it was the American schoolmaster that turned the tide of this world war and saved the continent for ideals

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higher than those of Prussia. Ought we not every one of us to make it our personal affair, so far as we can find an opening, to see that young Americans, in the subjects taught in our schools and colleges, get some chance at what ever has proved its worth for the world through the sifting of twenty centuries?—*The Boston Herald.*

REACTION

AS to this turmoil in central Europe, there is one thing that anybody can predict with certainty — namely, that extremists beget reaction. That is as sure as the operation of the law of gravitation. There is a sort of dead center in human affairs. A violent push in one direction is followed by a counter movement. The violent French Revolution was followed by a long, strong swing toward the opposite pole. The much less violent American Revolution was followed by a much milder, yet very distinct counter action. The Puritan Revolution was followed by Charles II. The very mild movement that ousted James II, and definitely established Parliamentary supremacy in England, produced hardly a back ripple. The violence of the Russian Revolution is a measure of the insane extreme to which Czarism had been carried, just as the length to which the French Revolution went measured the length to which the old régime had gone in the opposite direction.

Of all great nations only the United States maintained a sure equilibrium under the shock of war — precisely because it had been best balanced before the war. There were nervous hints of the danger of a social upset in France and Italy. A strong party in England preached peaceable revolution, involving very radical changes in the existing system. The United States has been most tranquil because it had most nearly kept a true balance.

Undoubtedly Bolshevism has reconciled millions of liberal-minded Russians to "strong" government, and reacted powerfully upon millions of liberal-minded persons in Europe generally. Exactly in as much as extremists get control of the revolutionary movement anywhere, the hope of permanent benefits from that movement diminishes. Extremists of one type are as bad for human progress as those of the opposite type.

— *The Saturday Evening Post.*

THE SUPREME DEMAND OF THE HOUR

HITHERTO Democracy has meant that every one in our country has the right and the opportunity to come to his best. The war has revealed the deeper meaning of that fine word. Democracy now means that it is the duty of every one to come to his best and to find his place as a worker in the world. Furthermore, it is now clear as sunlight that when one fails to find his place as a constructive worker for the good of the world, it is not exclusively his own fault, but it is chiefly the fault of society; that is, it is the fault of all of us. The tasks of government are now merged into the tasks of education and religion. These tasks are now ten times larger and more urgent than ever before in our history. The demand for unification of effort to make the whole world a wholesome place in which to live is the supreme demand of the hour. — *Henry A. Buchtel.*

It is the participation of numbers in the government, and not the name of republic as opposed to monarchy, that constitutes Liberty; it is, above all, the reign of laws; publicity in the administration as well as the tribunals; equality; the removal of all shackles on thought, on education and religion.

— *Sismondi.*

The March number of AMERICAN COOKERY will contain the first of a series of articles on Foods by Miss Anna Barrows. These articles are designed for teachers in country schools. We anticipate they will be of interest to all teachers as well. A good time to make renewals or begin new subscriptions.

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BALDWIN APPLES, SEASONABLE AND WHOLESOME

Seasonable and Tested Recipes

By Janet M. Hill

IN ALL recipes where flour is used, unless otherwise stated, the flour is measured after sifting once. Where flour is measured by cups, the cup is filled with a spoon, and a level cupful is meant. A tablespoonful or teaspoonful of any designated material is a LEVEL spoonful. In flour mixtures where yeast is called for, use bread flour; in all other flour mixtures, use cake or pastry flour.

Chicken Broth with Spinach Balls

CHOP half an onion, three branches of parsley, a stock of celery and five or six slices of carrot; add about a pint of boiling water and let cook an hour. Drain off the water, of which there should be about one cup; add this to five cups of chicken broth from which all fat has been taken. Reheat to the boiling point; add about one teaspoonful of salt and one-fourth a teaspoonful of pepper. Serve in five or six cups with a spinach ball in each cup. If preferred, three teaspoonfuls of cornstarch or potato flour may be stirred smooth in cold water and cooked in the broth.

Spinach Balls for Soup

Melt one tablespoonful of butter; in it cook one tablespoonful of flour and one-fourth a teaspoonful, each, of salt and pepper, until frothy; add one tablespoonful of cream or milk and a scant half cup of cooked spinach, chopped fine; stir until blended, then remove from the fire; break one egg into the mixture and beat it in thoroughly. Have ready a small saucepan of boiling salted water; dip a soup spoon into it, then fill with the spinach mixture, rounding it with a second spoon as high above the level of the spoon as the mixture is below the level. Scrape into the saucepan of water, then repeat until all is used;

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let cook in the water at a gentle simmer until firm. Drain and serve as above. These balls may also be shaped in a tablespoon and served with a white or cream sauce as a vegetable with meat or fish.

Cream of Canned Pea Soup

Empty a can of peas into a saucepan and set over the fire. Melt two tablespoonfuls of fat; add an onion cut in thin slices, a stalk of celery with extra leaves cut fine, two sprigs of parsley and one-fourth a carrot cut in slices, stir and cook until the fat is absorbed, covering occasionally for a few moments. Do not brown the vegetables; add to the peas, cover and let simmer twenty minutes; press as much of the vegetables as possible through a sieve, and reheat it. Melt one-fourth a cup of fat; add one-fourth a cup of flour, one teaspoonful of salt and half a teaspoonful (scant) of black pepper and stir until bubbling; add one quart of milk and stir until boiling; add the hot vegetable purée, mix thoroughly and serve at once.

Dry Stew of Oysters

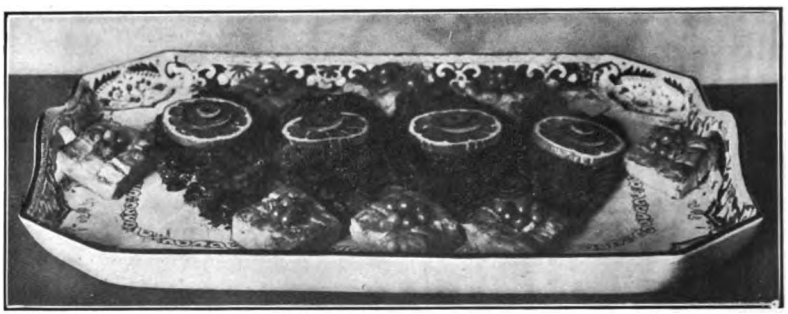
Look over a pint of oysters to remove any bits of shell that may be present. Put over a quick fire in a saucepan and cover close; as soon as the oysters curl on the edges and the small quantity of liquid surrounding them is at the boiling point, add one or two tablespoonfuls of butter, half a teaspoonful of salt and one-fourth a teaspoonful of black pepper and serve at once with toast or crackers.

Milk-and-Oyster Stew

Scald one quart of milk; add one quart of oysters and let heat to the boiling point over a quick fire; add three tablespoonfuls of butter, a teaspoonful of salt, half a teaspoonful of black pepper and three Uneeda biscuit rolled to a powder. Serve, at once, in hot soup plates.

Fried Salt Fish with Potato Diamonds

The salt fish are from Richmond, Va. Soak one or two days in cold water, changing the water two or three times. Remove the fins, scales that are present, and wipe dry on a cloth. Roll in corn-meal and let cook in plenty of hot fat till brown on one side, then turn to brown the other side. Do not cook too fast as it takes about ten minutes to cook the fish through. The fish contain roe which adds to the thickness. Serve surrounded with potato diamonds, holding peas, with sauce tartare in a separate dish.



FRIED SALT FISH, POTATO DIAMONDS WITH PEAS, SLICES OF LEMON, CARROT AND STUFFED OLIVES

Potato Diamonds with Peas

Press hot or cold mashed potato into a well-greased biscuit pan. With a diamond-shaped cutter (used for little cakes and sandwiches) stamp out into diamond shapes. With a steel skewer dipped in melted fat score each shape diagonally, brush over with beaten egg

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MAINE SARDINES WITH POTATO SALAD, GARNISH, QUARTERS OF HARD-COOKED EGG

and let brown in the oven. When ready to serve remove the center from each diamond and fill with cooked-and-seasoned peas.

Vegetable Dinner with Eggs

(To serve two)

ONE PLATE DINNER

Time the cooking of the vegetables to have all ready at the same hour. The vegetables may be seasoned with butter, salt and pepper, or one, as cubes of carrot or flowerets of cauliflower, may be creamed, or, all may be seasoned simply with salt and pepper and a bowl of Hollandaise sauce be served apart. Hollandaise is particularly good with the eggs as well as the vegetables. Three varieties of vegetables (besides potatoes) may be used, the varieties being repeated on the second side, or six varieties may be provided. To prepare the dish, spread mashed potato half an inch in depth over the bottom of a hot platter, then with pastry bag and tube pipe potato above to make a certain number of compartments. In the illustration the compartments are filled with carrots, turnip-cubes and canned peas; two poached eggs are set in the center (these might have been fried) and two cooked onions at the ends. Serve very hot.

A Whole Meal in One Dish

(To serve four)

HAMBURG CAKES WITH MACARONI AND BANANAS

Boil three-fourths of a cup of macaroni (in pieces about one inch in length) in rapidly boiling, salted water until tender;



VEGETABLE DINNER WITH POACHED EGGS

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rinse in cold water and add to a cup of hot sauce; let stand over boiling water to become very hot; turn on a hot dish; set four well-cooked cakes of Hamburg steak above the macaroni; dredge the macaroni with three or four tablespoonfuls of grated cheese; set a piece of fried banana above each meat-cake and serve at once.

Sauce for Macaroni

Melt two tablespoonfuls of butter substitute; add two tablespoonfuls of flour and one-fourth a teaspoonful, each, of salt and paprika; stir until frothy throughout; add half a cup, each, of broth and tomato purée (both flavored with onion, parsley, celery, etc.) and stir until boiling.

Hamburg Cakes

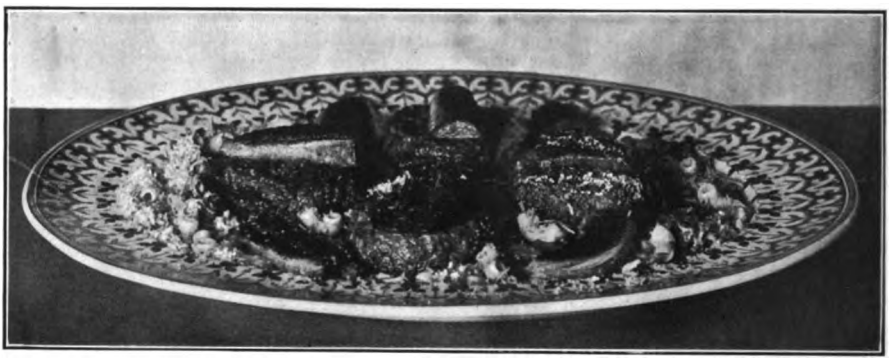
Press one pound of beef from the top of the round through a food chopper; add a teaspoonful of onion-pulp (cut an onion in halves, crosswise, and with a sharp knife scrape juice and pulp from the fibres) a scant teaspoonful of salt and half a cup of cold water or broth; mix thoroughly, then pat into four cakes as thick at the edge as at the center. Cook in a well-oiled broiler directly over the fire, or pan-broil in a hot, iron frying pan. When moisture is seen on the top of the cakes in the pan, turn to cook the other side.

Fried Bananas

Cut a banana in halves, crosswise, then cut these pieces in halves, lengthwise; pat them in flour on both sides, then sauté quickly in hot fat, first on one side and then on the other. Serve as soon as cooked. Bananas should be cooked quickly.

Scalloped Tomatoes, Corn and Onions

Butter a baking dish suitable for the table; put in it a layer of corn, season with salt, pepper and add a few bits of butter or butter substitute. Add a layer of the solid part of canned tomato and season as before; add a very thin layer of peeled onions, sliced exceedingly thin, and season; then repeat the layers. Cover and let cook one hour or until the onion is tender. Remove the cover and spread over the top of the vegetables half a cup, or more, of cracker crumbs mixed with two or three tablespoonfuls of melted fat. Let cook until the crumbs are browned.

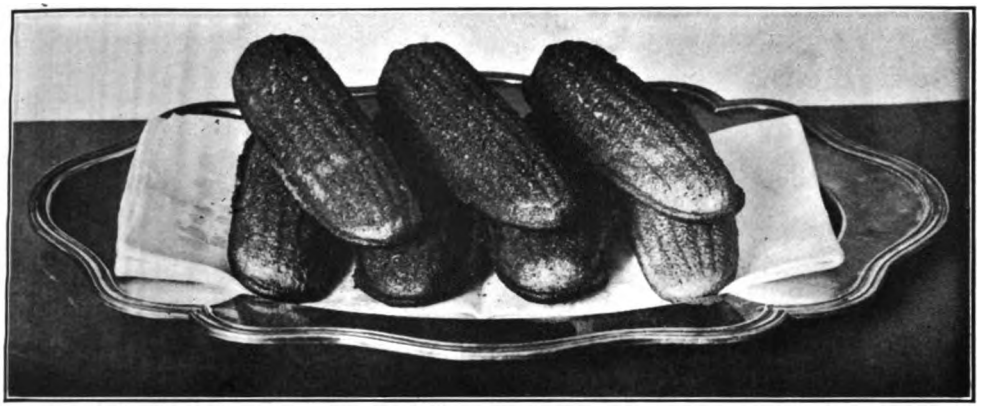


HAMBURG CAKES WITH MACARONI AND BANANAS

Cornmeal Muffins

Sift together three-fourths a cup of cornmeal, one-fourth a cup of potato flour, one cup of wheat flour, one-fourth a cup of sugar, half a teaspoonful of salt and four teaspoonfuls of baking

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CORNMEAL MUFFINS

powder. Beat one egg; add one cup of sweet milk and three tablespoonfuls of melted shortening and stir into the dry ingredients. Bake in a hot, well-greased muffin pan about twenty-five minutes. This will make seven muffins, shape and size of an ear of corn, or one dozen muffins of ordinary size.

Olive-and-Celery Sandwiches

Chop celery and stuffed olives separately and very fine. Mix these with mayonnaise dressing and use as a filling for bread prepared for sandwiches. Chopped pecan nut-meats or chicken may be added at pleasure.

Squash Pie

Line a pie-plate with pastry as for a custard pie. For the filling add to one cup and a half of cooked squash pressed through a ricer, two Uneeda biscuit rolled fine, half a teaspoonful of salt, one-fourth a teaspoonful of mace, two-thirds a cup of sugar, one tablespoonful of melted shortening and one cup and a half of milk. Mix thoroughly and turn into the prepared plate. Bake about half an hour. The oven should be hot at first, to bake the pastry, then a lower heat is required.

Dessert Apple Cake

Cream half a cup of shortening; beat in one cup and a half of sugar, the beaten yolks of two eggs, half a cup of sweet milk, two cups of flour, sifted with half a teaspoonful of salt, and two and a half level teaspoonfuls of baking powder; lastly, beat in the whites of two eggs, beaten very light. Spread in a biscuit pan of good size; cover the top with sliced apples. Bake about twenty-five minutes. Cut in squares and remove to individual plates. Spread with butter or whipped cream and sprinkle on a little fine sugar.

Cream Jelly Roll

Beat two eggs without separating the whites and yolks; gradually beat in one cup of sugar; add one cup of cream (top of the milk bottle) and one cup and two-thirds of flour, sifted with half a teaspoonful of salt and three teaspoonfuls of baking powder; add also a grating of lemon or orange rind or



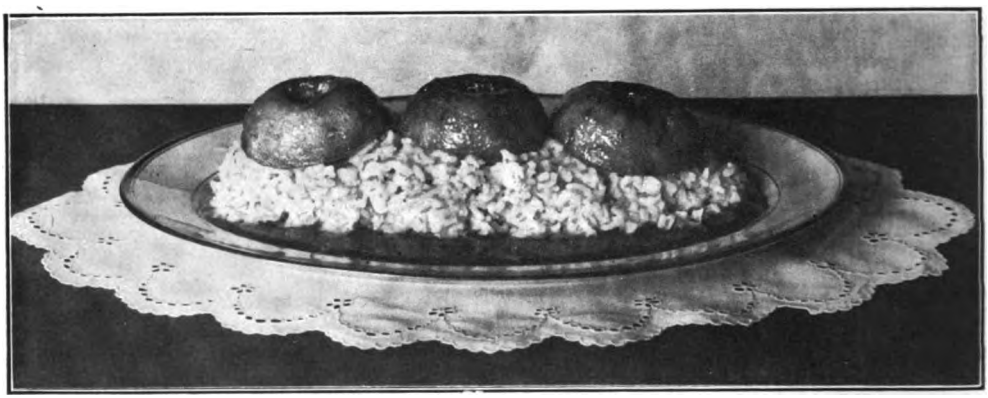
SQUASH PIE WITHOUT EGGS

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half a teaspoonful of lemon or orange extract. Beat thoroughly. Bake in a dripping pan lined with greased paper, in a quick oven, about eighteen minutes. Turn on parchment paper, cut off the crisp edges, spread with fruit-jelly and roll.

Rice with Apple Compote

Blanch three-fourths a cup of rice; add a cup of boiling water, a cup of milk, half a teaspoonful of salt and the thin yellow rind of a lemon and let cook over boiling water until the rice is tender, adding more water if needed. Half a cup or less of sugar may be cooked in the rice if desired. While the rice is cooking, cook pared-and-quartered, or cored, halved-and-pared apples tender in syrup made of a cup, each, of sugar and water. Keep the shapes of apple whole, turning often and cooking till tender throughout. Shape the rice in a mound on a hot dish, and set the apples above the rice. To the syrup in which the apples were cooked, add half or a whole glass of bright fruit-jelly (currant is particularly good) and stir until smooth. Pour over the apple and rice and serve at once.



RICE WITH APPLE COMPOTE

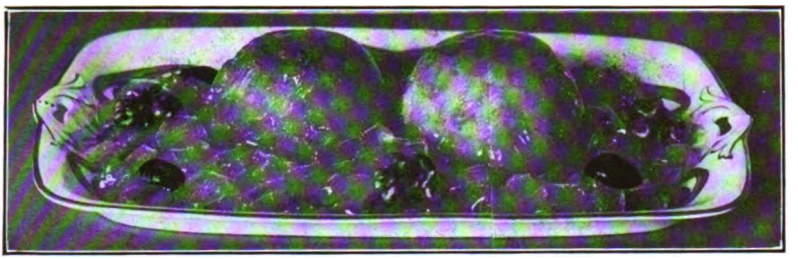
Jellied Apples

Melt a cup of sugar in a cup of boiling water; when boiling, cook in it three apples, cored and pared. Turn the apples repeatedly to cook tender throughout without disturbing the shape. Let the apples cool. To the syrup add syrup, left over from canned pineapple, peaches or pears, to make one cup and three-fourths in all; in this dissolve one tablespoonful of granulated gelatine, softened in one-fourth a cup of cold water; add the juice of half a lemon and let chill a little. Set the half-meat of an English walnut in a tea cup; above it set one of the cooked apples, pour in a tablespoonful of the jelly and, as it chills, add jelly to fill the cup. Pour the rest of the jelly in a shallow dish. When ready to serve unmold the apples on a serving dish. Surround with the rest of the jelly, cut in small cubes. Garnish with half-meats of walnuts and cherries. Serve with or without cream. The jellied apples may also be served as a salad with lettuce and French dressing.

Atlantics

Beat the yolk of one egg; add half a cup, each, of molasses and melted fat; mix and add two cups and one half of sifted flour, sifted again with one teaspoonful of soda, one generous tablespoonful of ginger and half a teaspoonful of salt and mix thoroughly; let chill in the refrigerator; then roll into a sheet, cut into small rounds, set in a well-greased pan and bake in a moderate oven. When cold set reliable marshmallow frosting

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JELLIED APPLES

on the top. The dough and frosting make about fifty Atlantics.

RELIABLE MARSHMALLOW FROSTING

Put the unbeaten white of one egg, seven-eighths of a cup of granulated sugar and three tablespoonfuls of water in the upper part of a double boiler. Have the water boiling rapidly, then set the sugar mixture over the water and, at once, beat with a Dover egg-beater; continue cooking and beating seven minutes; add twelve marshmallows, remove from the fire and beat with a spoon till the mixture is smooth and cool enough to hold its shape.

Chocolate Nut Cookies

Beat two eggs very light without separating the whites and yolks; gradually beat in one cup of sifted brown or granulated sugar, two ounces (squares) of chocolate melted over hot water, half a cup of chopped nuts, half a teaspoonful, each, of salt and ground cinnamon and half a cup of flour. Mix all together thoroughly. Let stand a few minutes to chill the chocolate. Turn on a board lightly dredged with flour, knead slightly and roll into a thin sheet. Cut into shapes about two inches in diameter. Set in a well-greased pan, dredge with a little granulated sugar. Bake in a moderate oven. The recipe makes about three dozen cookies.

Lemon Jumbles

Beat two-thirds of a cup of shortening to a cream; gradually beat in a scant cup of sugar and the grated yellow rind of a lemon; add two eggs beaten light, two tablespoonfuls of thick sour milk, half a teaspoonful of salt, if the shortening be unsalted, and two cups of sifted



ATLANTICS

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CHOCOLATE NUT COOKIES, LEMON JUMBLES

flour, sifted again with one-fourth a teaspoonful of soda. Mix thoroughly, knead slightly, and cut into rings with a doughnut cutter; set in a greased pan, dredge with sugar, and bake in a quick oven. The recipe makes about forty cookies.

Eclairs

Spread chou-paste in strips about three inches long and an inch wide on well-greased tins (the recipe makes about sixteen). Bake in an oven of strong heat on the bottom about twenty-five minutes; when ready to serve split on one side, fill with vanilla ice cream and pour hot or cold chocolate sauce over the whole.

Chou-Paste for Eclairs

Set half a cup of butter substitute and one cup of boiling water over the fire; when boiling sift in one cup of pastry flour (previously sifted) and half a teaspoonful of salt, if the shortening is unsalted. Cook and stir until the mixture clings together in a ball or mass. Turn into a mixing bowl, break in one egg and beat with a slitted spoon until the mixture is smooth; in the same manner beat in a second egg and finally a third.

Vanilla Ice Cream for Eclairs

Turn one quart of milk, one cup of cream, one cup of sugar and one tablespoonful of vanilla extract into the can of a freezer. Set the can into a dish of warm water (the water should be at about 90° F., not higher), stir in one junket tablet crushed and mixed in two tablespoonfuls of cold water. When the mixture becomes a firm jelly, set the can in cold water to chill, then freeze as usual. Snow or snow ice, or ice made by freezing water in a pail set outdoors, are available for this purpose at this season.

Chocolate Sauce for Ice Cream Eclairs

Sift together one cup and a half of granulated sugar, two teaspoonfuls of cornstarch, one-fourth a teaspoonful of salt and one-fourth a cup of cocoa; add one cup of boiling water and stir over the fire until boiling, then let simmer very gently ten minutes. Add a teaspoonful of vanilla just before use.



ECLAIRS WITH VANILLA ICE CREAM AND CHOCOLATE SAUCE

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Economical and Well-Balanced Menus

One Week in February

SUNDAY

Breakfast

Grapefruit
Broiled Sardines on Toast
Cornmeal Muffins
Coffee Cocoa

Dinner

Chicken Broth with Spinach Balls
Hamburg Cakes with Macaroni and Bananas
Lettuce and Celery, French Dressing
E'clairs with Ice Cream, Chocolate Sauce

Supper

Dry Oyster Stew
Toast Olive-and-Celery Sandwiches
Atlantics
Tea

MONDAY

Breakfast

Hulled Corn, Syrup, Thin Cream
Salt Pork, Fried, Milk Gravy
Small Baked Potatoes
Doughnuts
Coffee Cocoa

Dinner

Roast Leg of Lamb
Franconia Potatoes
Scalloped Corn, Tomatoes and Onions
Lettuce, Apple-and-Date Salad
Rye Bread
Half Cups Coffee

Supper

Saltfish Chowder
Oysterettes
Baking Powder Biscuit
Apple Marmalade
Tea

TUESDAY

Breakfast

Cream of Wheat, Bananas, Thin Cream
Bacon
Hashed Brown Potatoes
(left over Franconia)
Teco Griddlecakes
Coffee Cocoa

Dinner

Cream of Canned Pea Soup
Cold Roast Lamb
Hot Brown Sauce
Baked Sweet Potatoes Mashed Turnips
Jellied Apples
Chocolate Nut Cookies

Supper

Stewed Lima Beans
Lettuce, Prune-and-Cottage Cheese Salad
Graham Bread
Tea

WEDNESDAY

Breakfast

Quaker Oats, Thin Cream
Lamb-and-Potato Hash
Fried Bananas
Buckwheat Griddlecakes
Coffee Cocoa

Dinner

Pan Fish, Sauté
Mashed Potatoes
Canned Peas or Stewed Tomatoes
Rice Cooked in Milk
Compote of Apples, Jelly Sauce

Supper

Italian Cheese Dish
Canned Fruit or
Dried Apricots, Stewed
Lemon Jumbles
Tea

THURSDAY

Breakfast

Cornflakes, Thin Cream
Cold Cream of Wheat, Fried, Syrup
Buckwheat Muffins
Coffee Cocoa

Dinner

Lamb Pie, Potato-Biscuit Crust
Canned String Beans
Lettuce, Prune-and-Cottage Cheese Salad
Graham Bread and Butter
Half Cups Coffee

Supper

Cream of Corn Soup
Spider Corncake
Apples Baked with Almonds
Cream Sponge Cake
Tea

FRIDAY

Breakfast

Puffed Wheat, Thin Cream
Finnan Haddie (fried) and Potato Balls
Tomato Catsup
Dry Toast
Coffee Cocoa

Dinner

Baked Filets of Flounder, Bread Dressing
Drawn Butter Sauce
Beets Stuffed with Cabbage and Celery
Mashed Potatoes
Apple Pie
Cottage Cheese
Half Cups Coffee

Supper

Lettuce, Asparagus-and-Carrot Salad
Parker House Rolls
Cream Sponge Cake
Hot Cocoa with Marshmallows

SATURDAY

Breakfast

Cream of Wheat, Thin Cream
Sausage
Mashed Potato Cakes
(left over)
Fried Apples Graham Muffinss
Coffee Cocoa

Dinner

Broiled Filet of Beef
Maitre d'Hotel Butter
Baked Potatoes
Cabbage Creamed with Cheese
Squash Pie

Supper

Tomato-Rabbit
Toasted Muffins
Canned Fruit
Chocolate Nut Cookies

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Simple Supper Menus with One Substantial Hot Dish

I

Milk-and-Oyster Stew, Oysterettes
Lettuce-and-Tomato Jelly Salad,
French Dressing (with onion juice)
Baking Powder Biscuit (reheated)

II

Dry Oyster Stew, Toast
Home-canned Beets, Pickled
Blushing Apples, Orange Sauce
Lemon Jumbles

III

Vegetables with Poached Eggs
Graham Bread and Butter
Jellied Apples
Atlantics
Tea

IV

Puffy Rice Omelet
English Muffins, Toasted and Buttered
Orange Marmalade
Gingerbread
Tea

V

Cream of Pea Soup, Croutons
Lettuce, Apple-and-date Salad
Quick Ryemeal Yeast Biscuit
Chocolate Nut Cookies
Tea

VI

Fresh Fish-and-Potato Hash,
Tomato Catsup
Cornmeal Muffins
Apple Sauce
Sponge Cake

VII

Creamed Celery and Sliced Eggs au Gratin
Bread Sticks
Cinnamon Toast
Cocoa

VIII

Consomme with Poached Eggs
Glazed Coffee Cakes
Cocoa

IX

Cheese Soufflé
Apple Sauce
Rye Bread and Butter
Atlantics
Tea

X

Macaroni, Rice or Hominy Croquettes,
Cheese Sauce
Bread and Butter
Canned Pineapple
Tea

XI

Bacon, Mashed Potato
Sweet Pickled Tomatoes or Cucumbers
Rice with Compote of Apples
Lemon Cookies
Tea

XII

Hot Canned Corn Custard
Baking Powder Biscuit
Dried Peaches, Stewed
Atlantics
Tea

XIII

Thin Slices Salt Pork, Floured and Fried
Grilled Sweet or White Potatoes
Graham Bread and Butter
Sliced Oranges
Sponge Jelly Roll
Cocoa

XIV

Browned Hashed Potatoes
Frizzled Dried Beef
Rye Bread and Butter
Canned Fruit
Boston Cream Pie
Tea

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Suggestions to Shorten Hours in the Kitchen

By Janet M. Hill

WASTE no minutes in the kitchen; if kept there to watch some process, get ready for something that is to be finished at some later time.

Keep all articles, as far as possible, near the place where they are to be used.

Have a spatula at hand ready for use. To lift dough shaped for cookies or doughnuts from the board, run the side rather than the end of the spatula beneath the dough. Either the end or the side may be used to remove cooked food from the pan.

Dough, batter, whipped cream or egg-white may be scraped from a bowl with a spatula in half the time required with a spoon or other utensil.

Jellies are removed with ease from aluminum molds.

Creams, hot or cold, are removed with ease from any mold, if the mold has been lined in whole or part with cake; also solid slices of cooked fruit or even parchment paper.

Hot baked puddings and custards will not stick to the baking dishes if the dish be first rubbed over with fat and then dredged with sugar.

Cakes, loaf or layer, are quickly removed from loose-bottom aluminum cake-pans and the washing of the pans is a very simple matter.

Use a "magic cover" when rolling out soft dough of any sort. When through work, scrape the cloth with a knife, if necessary, then shake out of doors. Wash the stockinet on the rolling pin often.

To press any cooked or uncooked food material through a sieve or strainer use a "gravy strainer," shaped like a dipper with a short handle. Let the strainer stand firm in a receptacle of exactly the right size and depth, then press the food through it with a wooden pestle or potato masher.

When preparing a dish of mashed potatoes use a vegetable ricer, to mash the potatoes, and a slitted wooden spoon to beat them.

When making yeast rolls or biscuit to be rolled into a thin sheet for shaping, before returning the dough to the bowl after kneading, wash the bowl, then rub over the inside with fat. When light, turn the dough, without cutting down or disturbing it in the least, upside down, on a lightly floured board, treated thus it may be rolled into a sheet with but a few strokes of the rolling pin.

A small vegetable brush, without handle, and costing five cents, shortens the time of cleaning many cooking dishes. Also, used with a little Dutch Cleanser, coffee and tea stains may be quickly removed from the cups in which these beverages are served.

Housekeepers are anxiously looking for a "made in America" cooking ware that will clean as easily and be as durable as the wares, both agate and porcelain, formerly made in Europe. The Pyrex glass cooking dishes now made in this

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country approach the porcelain in giving satisfaction, but there is need of the porcelain, also.

A Scotch bowl of cast-iron with bail for lifting, used for no other purpose than frying, tends to simplify this mode of cooking. If the fat be strained after use and returned to the bowl after it has been carefully wiped out, no delay is occasioned when frying is again in order.

A kitchen knife with point turning upwards slightly shortens the time of removing the eyes and the parings from potatoes.

A grapefruit knife, made with two cutting edges, shortens the time of preparing grapefruit for the table. Cleaning the knife at once after use saves work later on.

The use of a double boiler in scalding milk, or in any cooking in which milk is the foundation, insures more perfect cooking and a more easily cleaned dish.

Collaborating on Cuisine

Each Guest Is Handed a Brochure of Diet Wisdom and a Menu When He Takes His Seat in a McAlpin Dining Room

From *The Caterer*

L. M. BOOMER, general manager of the Hotel McAlpin, the Hotel Claridge, Cafe Savarin and the Fifth Avenue Restaurant, is a very able and successful hotel man. He is a many-sided genius. In collaboration with his great and scientific chef, Edouard Panchard, Mr. Boomer has issued, in the name of the Hotel McAlpin, a brochure on cuisine, entitled: "Your Food." From this interesting little folder we take the following chunks of dietary wisdom:

Before you plan your diet, know what to get out of the different classes of food.

One should be just as ashamed of ignorance regarding food as of not knowing how to read or write.

There Are Three Kinds of Food

Like an automobile or an engine, the body needs:

1. *Fuel* to keep it going. Heat and energy foods are comparable to gasoline or coal. Such fuel foods are: Grains, cereals, flour, breadstuffs, butter, fat, oils and sugars. All foods contain some fuel, but these are the great foundation fuel foods and the mainstay of our diet

2. *Regulating food*, comparable to lubricating oil, distilled water, battery elements in an automobile. These regulats ing foods are: Water, green vegetablet and fruits which give bulk and ballas- and promote normal bowel action; min erals and vitamines, which are necessary to growth and health and are found in fresh milk, butter, fresh meat, peas, beans, potatoes and in raw fruits and vegetables, also in the skin and hull of cereals.

3. *Repair foods:* These foods might be compared to the parts of an automobile which need to be supplied from time to time. They are called "proteins" and are found chiefly in meat, fish, eggs, fowl, peas and beans, cheese and milk; cereals and breadstuffs contain a fair amount (about 10%).

If fuel food is not taken in sufficient amount, a person will literally burn to death; (this is called starvation or emaciation).

If too much is taken, the engine is overstoked and layers of fat are put on.

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[Instead of the subway warning, "Watch your step," Mr. Boomer's warning is "Watch your weight."]

ALL SORTS TO MAKE A WORLD

The world is made of people who are plump and people who are slim. Also, most of them are either too plump, or too slim.

Just as one medicine will not cure every ill — so one sort of food will not suffice.

Mr. Boomer tells fat people to eat less of fuel foods — fats, starches and sugar. They should eat fresh fruits, vegetables (especially cabbage, carrots, cucumbers, celery, lettuce, string beans, tomatoes, spinach and turnips). The bricks of wise stuff proceed thus:

Don't get fat. Fat people (those of over-weight), show nearly a double death rate after thirty-five years of age, to ordinary folk.

(This advice is given to the men, with the suggestion that the ladies listen.)

The following is a suggestion to the over-fat men:

A cup of bouillon and a cracker may be taken at 11 A.M.; tea, with lemon and a little sugar at 5 P.M., and a glass of skimmed milk on retiring, if the need of food is felt.

FOODS — IN DETAIL

Soups

Thick soups are healthful and nutritious. They are fairly high in fuel value, and so are not appropriate in conjunction with other foods of the same force. Clear soups have less fuel value. But they promote digestion by increasing the flow of digestive juices.

Fish

Fish, like meat, is high in body-building value. It should be used more universally than it is — especially as a substitute for meat. Fish is more watery than meat but some fish contain much fat, as: salmon, lobster, crabs, sardines, herring and mackerel. These should be avoided by those who are overweight.

Meat

Meat, unless taken in small quantities, should be eaten but once a day. For breakfast a slice of bacon or ham is allowed. For luncheon, unless it be the heavy meal of the day, substitute fish, eggs or cheese dishes. Meat and fish are not necessary at luncheon. Soup may prove satisfactory. Meat may be given a child over three once a day — but fish and eggs are advised in preference.

Vegetables

The great value of vegetables is not generally appreciated by those who live in the cities. People living on farms eat quantities of vegetables simply because they are there to eat — and profit by it unconsciously. All vegetables have food value and should be eaten at two meals a day.

Salads

Salads, especially the green salads, are extremely important in the diet. They contain fibre and mineral salts and especially the bulk and other accessories required for perfect health control.

Eggs

Eggs are a nutritious dish, no matter at what time of day they are served. That they have become part of the breakfast menus is custom, not necessity. They are high in body-building value — as high as meat.

Fruits

There is an old-time adage: "Fruit is golden in the morning, silver at noon, and lead at night." This was taken as irrevocable up to a few years ago. Now we know that fruit is golden always — *and especially at night.* If possible, fruit should be eaten each night before retiring. Most fruits, like potatoes, help to maintain the alkalinity of the blood, and offset the acid-forming tendencies of meat, eggs and grain-foods.

Chew your food until you really taste it. Forget business while eating.

SUGGESTIONS FOR WELL-BALANCED MEALS

Breakfast

Choice of Fruits (cooked or raw)
Choice of Cereals
Eggs with slice of Bacon

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Toast or Rolls
Coffee, Tea, Cocoa, Milk

Luncheon

Choice of Thick Soups
Salad or Raw Vegetables, or
Choice of Cooked Dish
Choice Drink
Clear Soup, or Fruit Cocktail
Celery, Olives
Meat or Fish (if both are taken, eat smaller quantities of each)
Potatoes, Rice
Cooked Fibrous Vegetable
Greens (of some kind)
Dessert

The aristocratic potato is your friend. It doesn't produce fat. Nearly 80 per cent of it is water. Its value is to offset the acid-producing qualities of meat and cereals. Its skin is good, too; just under it is even better than the body of the "spud."

Oriental Recipes That Are Worth the Making

By Addie Farrar

IN his own country Lo had been chef to royalty itself, and even now as owner of one of the finest and best paying Oriental restaurants in the country, where Americans go because they like the cooking, he superintends all the preparations of his many cooks. Lo is proud of the fact that he is so Americanized and insists that his charming little Oriental wife shall be likewise. Lo's family is charming, and, because of some services I could render them some years ago, Lo and I are very good friends. It was in his spotless kitchen where, with wax-like neatness all the cooking is done by cooks who are likewise as clean as a person can possibly be, that I watched the preparation of many of his best dishes and at his dictation took the recipes.

In China, according to Lo's authority, rice takes the place of bread at the table, and is eaten right through the meals with meat, vegetables, etc. At large dinners or banquets rice is prepared in a way that is apt to be very expensive. However, the Chinese method of cooking rice differs very little from our own.

Lo's method is to wash the rice thoroughly, taking one pound and throwing it into one quart of boiling water, stirring it lightly and letting it cook over a moderate fire for about half an hour or so, covering the pan. The rice is not touched except occasionally with a fork, and for this reason each grain is separate. When it is to be eaten plain, the salt is added just before serving. When the rice is served with meats, it is moistened with the meat gravy. A dish of rice and ham is very palatable and consists simply of very small squares of ham added to the rice.

Imperial rice is nothing more than cooked rice to which fine, shredded breast of chicken is added, the whole being served hot. This makes a very tasty luncheon dish to serve even to company.

Lo's coffee, which is the best I ever drank, is prepared very carefully. He tries none of the haphazard methods of putting the coffee into the pot and adding a bit of egg shell or part of an egg. He takes as much coffee as will serve several people, puts it into a bowl, takes another bowl and beats very thoroughly an egg. The beaten egg is added to the coffee, and is beaten into it thoroughly. Boiling water, carefully measured, is added and it is mixed again and then put into the pot, and allowed to come to a boil. Customers gladly pay Lo ten cents a cup for his coffee.

His white chop suey is delicious, and the following recipe will serve many people; it can be used at a church supper,

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or when one has company. The ingredients that are purely Oriental in character can be purchased at any of the Chinese or Japanese importing shops. For this recipe take one pound of fresh mushrooms, a few stalks of celery, a dozen water chestnuts, a pound and a half of the white meat of a chicken, a tablespoonful of the chicken fat, two white onions, and half a can of bamboo shoots, two pounds of bean sprouts and a half teaspoonful of syou, a Chinese sauce. Cut the chicken into small pieces and put into a deep frying pan and let brown, being careful that it does not burn. Have all the vegetables ready sliced and the onions chopped fine, and put into the pan and mix with the chicken. Then add a little cayenne pepper, and, finally, the bamboo shoots and fry, the bean sprouts being added last; serve with rice.

Liquid rice soup is recommended for sick folk and children. Wash four ounces of rice and throw into a quart of boiling water. Cook slowly for an hour, or until the liquid is glutenous; add a little butter and salt before serving.

Another rice dish is called rice with sabayon, the latter a Chinese sauce that may be purchased. The rice is cooked in the ordinary way and a boiled custard is poured over it; it is served with the sabayon sauce.

Lai Yut or Moon Tarts are mighty good and are made with rice flour. A tablespoonful of butter is worked into the rice flour and iced water is added to make a pastry dough. This dough is then rolled out and brushed with the whites of two beaten eggs, being folded over several times, each time being brushed with the eggs. The dough is then rolled out like cooky dough and cut into rounds. The filling, made of two cups of lychee nuts, stoned and mashed to a pulp, one and a half cups of sugar, a teaspoonful of mixed spices and a cup of cystallized limes, all mixed well, is put in and the tarts are baked. Dates, pineapple, blanched-and-chopped almonds with sugar and spices are also used for filling.

Chee Yuk is another kind of chop suey, that is made from pork, chicken and lotus seeds; and plain chop suey is made from pork and veal with onions, Chinese potatoes, celery and water chestnuts, much after the same manner as the white chop suey.

A Noodle dish, called Chow Main, is made of a quarter of a pound of noodles, a quart of peanut oil, a half dozen water chestnuts, half a pound of pork, half a pound of veal, a half bunch of celery, and an onion, half a pound of dried mushrooms, two eggs and a quarter of a pound of ham. The noodles are first cooked in the peanut oil and drained. The meat is cut into small pieces and fried for five minutes, after which it is allowed to simmer in butter gravy; the vegetables, well chopped, are added. The noodles are placed in the bottom of a flat dish, and the meat and vegetable mixture poured over them, the top being garnished with the bits of cooked ham and the yolks of two hard-cooked eggs. This same dish is sometimes made by using lobster and chicken instead of the meats.

Bird's nest soup, or Gai Grun Yung Waa, as the Chinese call it, is a gelatinous substance like Irish moss or seaweed, and is bought in the Chinese shops by the pound. Half a pound of this is combined with a pint of chicken stock, half a pound of cooked breast of the chicken, a boiled egg, a small portion of minced ham, and salt for seasoning. The seaweed is boiled for half an hour, or until it is very soft, and is then drained and put into cold water. The chicken meat is then pounded into a pulp and a cup of the cold stock, in which the bird's nest has been boiled, is added. The bird's nest is then taken from the cold water and drained and put into a saucepan to cook for half an hour, being covered with water; the chicken meat and the egg are added. When the soup begins to boil the minced ham is sprinkled on top and it is ready for serving.

Lo makes a delightful salad he calls Yildiz, which he got in Constantinople.

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It is made of endive leaves, which form a fringe about the entire side of the bowl. In the centre, in a little mound, are sections of grapefruit, sliced bananas, pineapple and cherries; the dressing is one part of mayonnaise with a few drops of mushroom catsup and one part cream.

Another sort of Oriental-like salad he makes is of sections of oranges with celery and dates sliced very thin, sprinkled over the top and finished with a border of romaine leaves and dressed with a light mayonnaise dressing.

Lo has promised to teach me, some day, how to make some of the little sweet cakes that are served with tea in Japan.

An Old-time Method of Yeast Making

By Katharine S. Spencer

ABSOLUTELY pure and delicious bread, of high grade and of great nutritive value, was made with the old process of making yeast. Nothing can take the place of it in our modern yeast preparations, although that of the dry yeast comes nearer to producing the quality of "the kind of bread mother used to make."

In the early day we had no tinfoil-wrapped, dainty cakes of compressed yeast, nor the neatly-boxed, dry yeast cakes of today. Each housewife brewed her own yeast in the fashion her mother had taught her.

The process was simple, and with proper care, as to measurements of the ingredients, the results were most gratifying.

How well I remember the making of the hop bag with the draw strings! the little iron kettle, in which the hop water was made by placing a quantity of the hops in the bag and allowing a couple of quarts of water for the boiling!

When the strength was sufficiently drawn from the hops, potatoes were boiled in the hop water until mealy, then taken out, mashed, replaced in the hop water, and then thickened with cornmeal; into this was put the leavening agent, — the yeast left from a previous making. Enough cornmeal was added so that the mash could be easily rolled on the baking board and cut into small cakes. These little cakes, by next morning, had risen, and looked good enough to eat. When thoroughly dried, they were well dusted with buckwheat flour, placed in a snow-white muslin bag, and hung near the kitchen stove. With one of these little cakes for a leavening agent, two quarts of yeast could be made. Soaked in warm water until soft, it was added to a mash made of potatoes, white flour, small portions of sugar, lard and ginger, and the water in which the potatoes were boiled. This mixture was allowed to rise until large bubbles of air formed, then placed in a jug, corked and put in a cool place in the cellar. If the temperature of the cellar varied, and the yeast became too warm, we used to hear a loud report, — as "pop" went the cork from the jug against the floor.

I remember it was quite a common thing to hear people say, — "there goes the yeast cork." If the yeast became too sour for good bread-making, a quantity of soda was added.

A big yellow bowl, snowy white flour, sweet-smelling yeast, what more tempting to the old-fashioned housewife! Not so easy to provide the family with "the staff of life" in those days as telephoning the grocer for the bread supply, now, and although the new food laws require cleanliness in every form, in the making and handling, the present loaf of bread of the best make gives only a small amount of nourishment, as compared with the loaves of "ye olden time."

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"The larger the loaves, the better the bread" was the oft quoted saying in the early day. More time is required in the baking, but the results give recompense when the bread is tasted.

How often large fortunes are made with only little things for a nucleus! When I think of those little yeast cakes tied in a bag, hanging near the old stove, with its four high legs, in my mother's kitchen, and remember the many cakes that were handed out generously to the neighbors when their yeast "ran to vinegar," I realize, in this modern day, the great use to which those yeast cakes could have been put in the early day, for now great wealth is produced from the modern dry yeast factories, where the hops, the corn, the ginger, are bought by the train-load.

Machinery is used to grind the corn in the yeast factory, also the ginger. The hop water is prepared in great kettles. Great vats brew the yeast. Vast machinery is used in forming the cakes, and carloads of buckwheat are used on the dusting.

Cleanliness is the watchword in the great yeast factory of which I have some knowledge. The young girls who handle the yeast are dainty in their attire, and hundreds of them are at work. Professional bakers test each batch of yeast, and the bread they make must be perfect in shape, in color, in size and in taste. The loaves are sold, without profit, to the employees of the factory.

This dry yeast is now as easily softened as the compressed yeast, by some new process, and although the development of the yeast germs requires longer time, the bread made with it has that delicious nutty flavor which repays the extra time required in the process of making.

The dry yeast is shipped into far countries where the time required in transit would be too long for the safe-keeping of other forms of yeast.

A good bread maker is a jewel in a household, every member of which is greatly benefited by delicious bread, physically and mentally. No accomplishment is so attended by good results.

Elaine

Oh, come again to Astolat!
I will not ask you to be kind;
And you may go when you will go,
And I will stay behind!

So still the orchard, Lancelot,
So very still the lake shall be,
You could not guess — tho you should guess,
What is become of me.

I will not say how dear you are,
Or ask you if you hold me dear,
Or trouble you with things for you,
The way I did last year.

So wide shall be the garden-walk,
The garden-seat so very wide,
You needs must think — if you should think,
The lily maid has died.

Save that a little way away
I'd watch you for a little while,
To see you speak, the way you speak,
And smile — if you should smile.

—*Edna St. Vincent Millay, in The Nation*

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Contributions to this department will be gladly received. Accepted items will be paid for at reasonable rates.

Birthday Suggestions

MORE and more every year am I convinced of the great delight and enjoyment of elderly people of trifling birthday remembrances.

I hereby desire to file an objection to the view taken by many in ignoring birthdays.

If there is any one day in all the year, among the many holidays celebrated which everyone should have a right to celebrate in his or her own peculiar way, it is one's birthday.

If a child in the enthusiasm of childhood is made happy by simple and trifling gifts, an old person is made even more so, and yet so many people's birthdays, especially when they grow old, go unnoticed and unremembered.

It is never the money value of a present that makes it worth while to real people, but the kindly thoughtfulness back of the gift.

A postal card shower sent by every member of her family (children and grandchildren) made one dear woman very happy one birthday.

Another time one very thoughtful business friend of one of her sons sent her seventy-two beautiful roses for her seventy-second birthday, which delighted her beyond expression.

A blossoming plant, a bunch of fragrant blossoms, a current magazine, a new book, a basket of fruit, or some little inexpensive trifle, is all that is needed to make a perfect day for some dear souls who have begun (and perhaps with reason) to think they are past their usefulness.

A birthday cake (nothing is more appetizing than a sunshine or angel's food) is always a delight, especially if it has candles on to mark the years.

My plea is for the old people.

Keep a little record book and a box of trifles (pretty birthday cards, little booklets, etc.) which can be used at the last minute for the dear old friends.

C. A. J.

HOME-MADE DECORATIONS AND FAVORS

IN decorating a house prettily and providing guests with attractive party souvenirs, thought and ingenuity actually go farther than money. Home-made favors and decorations possess more originality, and if care is used, may be quite as artistic as those sold in expensive specialty shops.

Among the inexpensive materials available are flowers, popcorn, pine cones, ribbon, tissue and crepe paper.

To make a room or table both striking and pretty it is usually best to try and decorate everything with one color. For instance, if the hostess' best china is pink and gold it is wise to let pink form the motif for the decorations. Carnations, roses, geraniums, verbena, peach and apple blossoms, lilies, phlox, wigelia, stocks and hawthorn are among the blossoms from a home garden that might be used, according to the season, for a centerpiece. Failing real flowers of any kind, a dish of ferns, paper flowers, candlesticks with pink candles and shades, or a kewpie dressed in pink

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might occupy the center of the table.

Tissue paper favors and decorations that may be made in any desired color, as well as pink, are streamers, baskets, covered boxes and little wearables for fun making, such as aprons, dunce caps and bonnets with strings.

Little boxes or baskets to fill with nuts, popcorn or candy and place at each plate or hand out at the end of some game, or as the guests say good-bye, may be made by covering little pill boxes with strips of curled tissue paper.

Stiff paper, such as comes on advertising booklets, or may be purchased in large sheets for a few cents, also makes numerous party "trimmings." Place cards, and calendars for prizes, can be contrived from this paper. Paper hearts, diamonds and pennants strung with thread, wire, colored string or ribbon are best made from stiff paper of this sort.

Streamers of either tissue or crepe paper, cut from one to three inches wide, are effective looped from the chandelier to the corners of the room, draped from the centerpiece to the corners of the table, festooned in loops around the edge of the table cloth, on the edge of a mantelpiece or wound around the balusters of a staircase.

Strings of popcorn, cranberries and evergreen are appropriate and easily obtainable during the holidays. Pine cones of all sizes, from the little ones the size of a large walnut, to those as large as cabbages, look well tied with bright red baby ribbon and hung in graduated lengths from a wide doorway. Combined with greenery of any sort, pine cones give a woodsy effect.

If there is a hanging lamp over the dining table strings of popcorn in graduated lengths look pretty hanging from it. Bits of tissue paper about one inch long, taken double, and given a twist in the middle, look quite flowery in strings. Those made of violet tissue paper give a wisteria effect, while those of pink suggest peach blossoms. By alternating bits of green and white tissue paper on the string, another dainty effect, similar to locust blossoms and leaves, may be secured.

All these tissue paper decorations look pretty draped over, and down from a lamp, when the light is lit. However, electric light is the only safe one that can be used, so if the lamp is of any other kind, these decorations must be used only in the daytime.

An evening may be very pleasantly spent in making party decorations. With the men of the family, and perhaps a best friend to help, the time may be as enjoyable as the real party itself, especially if there is some popcorn to pass. M. B.

* * *

Turnip Salad

THERE is probably no greater delicacy in the way of a salad than turnip sprouts.

It is an old-fashioned dish, used by our grandmothers, but seems to have been forgotten in this day.

Our method is to spread a bushel or so of turnip, preferably white turnips, on the cellar floor, near the light, but far enough away from a window to be shadowy.

The turnips will sprout into delicate tops. These tops can be cut off from time to time and used just as chickory, endive or lettuce. N. M.

* * *

Raising Seeds

AFTER the garden is made, and crops are well under way, comes the question of seeds.

No, that's not a typesetter's error; it was intended to be written that way. In the early days of American agriculture, when people thought about economy, as we are having to do again now, each home garden was expected to supply most of the seed for next year's planting.

Why not try raising some seed your-

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self? It is a simple matter to test your hoardings in the spring, and resort to the seed catalogues, if they fail to germinate.

We must choose plump and fair seeds, from the best and finest-shaped specimens, taking other things into consideration, also. If a plant withstands hot spells and mildewing storms and grows sturdily in spite of them, if one bean vine bears pods with five limas instead of four, if a plant fruits earlier, and stays in bearing longer than its fellows, cherish these for the seed crop.

We are told, to be sure, that harvesting seed is an elaborate science, and that many of those who understood it have perished on the slaughter fields of Europe. But we, who cultivate the home garden, do not need to know all the technical intricacies of the craft. And there is always the thrilling possibility of originating some new variety, or, at least, improving an old one.

A Boston physician, taking recreation in the garden of his suburban home, patiently crossed and selected two varieties of sweet corn for several years — and behold! a wonderful new variety, that has been awarded the silver medal of the Massachusetts Horticultural Society.

And do not forget to label your seeds when they are gathered, lest there be confusion at planting time!

M. E. B.

* * *

Protein of Meat

IT may be interesting to study a few figures in regard to the protein content of different cuts of meat.

The reason for the use of meat is the protein that it furnishes. There are cheaper ways of securing the fat needed by the body, and other fats will be even more easily digested than those of meat. This latter is not true of the protein, however. The protein of animal food is much more easily digested than that of vegetable food, so the basic reason for the use of meat is the protein it contains.

Very often we see and hear the statement made that cheap cuts of meat furnish as high food value as higher-priced meat, and at so much less cost; and that, because of the high cost of all foods, the time and trouble to make these cheap meats palatable and digestible should not be begrudged, as this can be fairly easily done by the use of the fireless cooker and other devises. I, also, taught this to my classes, and found out the error by accident.

Deciding to make a table to show my girls how much money they would save in buying cheap meat, I figured the amount of meat needed to furnish one ounce of protein, and its cost, also the number of calories furnished by this amount of meat. My surprise was great to find I had not shown what I had started out to prove as the saving was so slight as to be negligible, as the following table shows:

Cuts of Meat	Weight oz.	Cost	Protein oz.	Cal.
Porterhouse	6	$0.1125	1.14	416
Sirloin	7	0.1181	1.12	430
Round	6	0.1125	1.14	279
Flank	6	0.0937	1.02	443
Neck	8	0.10	1.12	325

Notice the comparison between the neck and porterhouse and between the round and sirloin. Comparing from the standpoint of protein content and calorie value, the higher-priced meats are not an extravagance.

The prices used are those of a typical mid-western town of about 10,000, and while they might not be accurate for all places, the relative prices would be nearly the same and the comparison hold true.

A. M. R.

* * *

Three Times, and Yet A Different Dish

THE first day a larger quantity of noodles was cooked than there were guests, therefore, some remained to be used during the week. They were cooked with about half a teaspoonful of curry powder in the water, and when drained, some good oil was poured over, evenly, salt and pepper were added, and some

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cheese grated over the top. This was a very nice dish and one easily prepared.

The next appearance of the noodles showed them blended with some cold, cooked hamburger steak that remained to be used; cream sauce was added as the mixed noodles and meat were put in little casseroles and covered with crumbs and browned in the oven.

A little of the mixture still remained, and next day that was enlarged with some chopped onion, a tomato and some bread crumbs, and put into peppers as a stuffing.

Of course butter or other fat could be used in place of the oil in the first recipe; or other cooked meat or fresh hamburger could be used with the noodles. Almost any kind, or more than one kind, could be ground together or chopped.

Eggs From China

THESE are not the ancient duck eggs, preserved for years until black for Chinese epicure's delectation, which are now being brought here; instead, these are large shipments of fresh eggs.

Seattle and San Francisco are the ports that receive these shipments, which began in the latter part of 1913. The next year there came here above two million dozen, roughly valued at three hundred and twenty-one thousand dollars. And 1915 began with thirty-four thousand dollars' worth in January and seventy-five thousand dollars' worth in the month of February, according to the records of the Chamber of Commerce and Custom House.

Wheat is expensive food for fowls, and eggs cannot be produced here to compete with the prices of Chinese eggs, so say the authorities. Alfalfa clover will not answer as a main reliance for poultry, for while they eat grass and clover they need also grain, meat, and variety in feeding.

We are now not only domesticating the Chinese pheasants, but are, also, importing eggs for food.

A Chef's Choice, "Fried Cakes"

The "fried cakes" are the recipe of a famous chef brought up by a good grandmother near Boston. He says, however, that while Grandma made fine doughnuts, and it took many to satisfy his boyish appetite, this recipe he obtained from a foreign pastry cook.

Beat one egg and two tablespoonfuls of granulated sugar to a cream, and add three tablespoonfuls of milk, one tablespoonful of melted butter, one cup of flour with one teaspoonful of baking powder. Add also one teaspoonful of almond and rose, blended, or the best orange extract, or flavor to suit your taste. Make it out into a long light roll by gentle manipulation, cut into small slices, lightly roll into tiny balls, and fry a very light golden yellow, not brown.

This batter can be put through a forcing bag in fancy shapes, if desired.

A New Salad

SHRED some cabbage, choosing a sweet white one, suitable for slaw or salad; blend with it plenty of shredded cocoanut, and some blanched-and-shredded almonds.

Make a mayonnaise; add plenty of whipped cream, and decorate with dashes of scarlet paprika. Slivered green sweet peppers may be used for decoration and to eat with the salad, if liked.

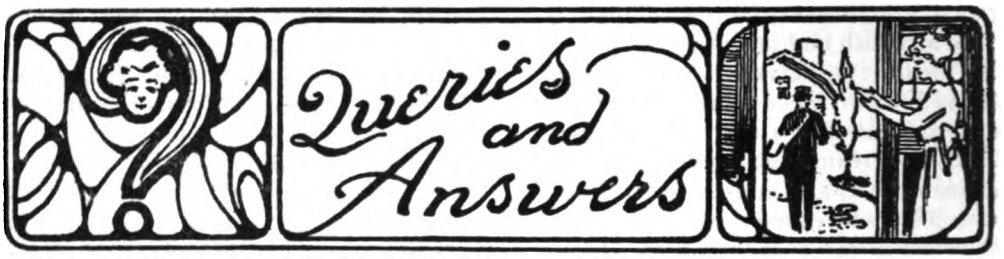
Baked Stuffed Dates with Cocoanut

The dates are to be stuffed with pieces of walnuts flavored with vanilla and placed in an agate dish or any good baking dish and basted with butter, if the dates are dry, add water; very little butter is needed. They will become soft and jelly-like and very delicious. Remove carefully, and when cool enough, roll in fresh-shredded cocoanut, which will adhere, but not entirely cover them.

These are an exquisite dainty for teas, luncheons and for a holiday or birthday gift, since they need not be eaten when fresh and hot, but are nice cold. Bake, by gentle heat, about fifteen minutes.

J. D. C.

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THIS department is for the benefit and free use of our subscribers. Questions relating to recipes and those pertaining to culinary science and domestic economics in general, will be cheerfully answered by the editor. Communications for this department must reach us before the first of the month preceding that in which the answers are expected to appear. In letters requesting answers by mail, please enclose address and stamped envelope. For menus, remit $1.00. Address queries to Janet M. Hill, Editor. AMERICAN COOKERY, 221 Columbus Ave., Boston, Mass.

QUERY No. 4021. — "What is the trouble with Doughnuts that are too light on one side, and crush on the light side when taken from the fat? Also, if the quantity of flour mentioned does not seem to be enough and more has to be added, should more baking powder or other leavening agent be added?"

Why Doughnuts Are Too Light On One Side

Probably the cakes are allowed to cook in the fat until they are browned below before they are turned. To insure an even texture throughout, the cake should be turned as soon as it comes to the surface, and the turning be repeated often during the cooking. If the fat be at the proper temperature for frying, the dough, when dropped into it, will immediately come to the top.

Quantity of Baking Powder in Doughnuts

In any recipe given in our department of "Seasonable Recipes," all of which have been tested by the editor, no more leavening agent than is given in the recipe should be used, even if more flour be added. Doughnuts should be mixed as soft as possible, especially if made without shortening. We recommend the potato doughnuts given so many times in these pages. The mashed potato stiffens the mixture, making it easy to handle, and yet the doughnut, when cooked, is soft and remains moist for several days.

QUERY No. 4022. — "Recipe for a Marshmallow Frosting that will stand up about three-fourths of an inch high and remain in place, crusting over slightly."

Firm Marshmallow Frosting

Prepare twice the recipe for Marshmallow Frosting given for Atlantics, on page 511. Cook the frosting about twice as long, or fourteen minutes.

QUERY No. 4023. — "We mix two loaves of wheat bread at night, using one-third a cake of compressed yeast; what may be made the next morning with the rest of the yeast cake, using some Graham or other coarse flour, and getting the mixture baked about noon.

Graham Bread

To one cup of scalded milk, add two tablespoonfuls of shortening, one-third a cup of molasses, one half a teaspoonful of salt (a little more if the shortening is not salted), two-thirds a cake of compressed yeast, mixed through one-fourth a cup of lukewarm milk or water, two cups of white flour and about one cup of Graham flour. Mix all together thoroughly. The dough should not be stiff enough to knead, but should be quite firm. When light, cut down and turn into a greased bread pan; when again light bake about forty-five minutes.

Quick Ryemeal Rolls

1 cup scalded milk	½ cake compressed yeast
¼ cup shortening	¼ cup lukewarm water
½ teaspoonful salt	¼ cup ryemeal
1 tablespoonful sugar	

Wheat flour for soft dough

To the milk add the shortening, salt

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and sugar; mix the yeast through the water, and add with the flour and meal to the other ingredients. Use as much wheat flour as may be mixed easily through the liquid. The dough should be rather soft. Set aside to become light. When the dough is doubled in bulk, grease the fingers and shape into twenty-four balls. Set these close together, or a little distance apart, in a greased biscuit pan. When again light, bake about twenty-five minutes.

QUERY No. 4024. — "What is the best way to make Toasted Cheese Sandwiches? Wish to have the cheese melt and run out a little between the slices of bread and the bread a golden brown color without any turning up of the corners."

Toasted Cheese Sandwiches

Possibly the cheese sandwiches described may prove an impossibility. As the outer sides of the bread are nearest the heat they are likely to dry out and contract quicker than the inner sides, and the ends would naturally turn up. The bread might be toasted first, the inner sides being left rather moist, and any of the hot "rabbit" mixtures be used as a filling. For home use an open cheese sandwich works well. Butter the prepared bread; then cover it with exceedingly thin slices of moist cheese. Set into the oven just long enough to melt the cheese. If the slices be set on a buttered agate or tin plate, the under side is often a nice brown. Possibly the ordinary cheese sandwich (two pieces of bread) might be more of a success, if the bread was buttered a little on the outside and browned in the oven on a buttered pan. Finger croutons made in this way do not "curl" at the ends.

QUERY No. 4025. — "Recipe for French Rolls and Vienna bread."

Regarding French Rolls

As bread and rolls in France are not baked in private houses, not much attention is given to the subject in French books on cookery. In American cook books various recipes are given under the name of French Rolls. Often a Vienna roll mixture made with milk and eggs, is given for French rolls. French bread contains no ingredients save flour, yeast, water and salt, and we are inclined to think that the ingredients for French Rolls differ from those for bread simply in the addition of a little shortening.

Recipe for French Rolls

Mix one cake of compressed yeast and half a cup of lukewarm water to a smooth consistency, then stir in flour to make a dough. Knead the dough until smooth and elastic, shaping it into a ball. Make two cuts with a knife across the top, at right angles to each other, and about one-fourth an inch deep. Set the ball of dough, cut-side up, in a bowl containing two cups of lukewarm water. In a few minutes the dough will swell and float on the water. In another bowl sift five cups of flour and half a teaspoonful of salt; with the tips of the fingers work two or three tablespoonfuls of butter into the flour; add the ball of sponge and the water on which it is floating and mix to a soft dough, adding flour as is needed. Mix the dough with a knife and cut and work it until the dough cleans the bowl. Knead the dough until it is perfectly smooth and elastic. Let stand, close-covered, until light; shape into balls, cover with a bowl until light, then shape into rolls the length of a finger and rather narrow; set these some little distance apart. When again light bake about twenty-five minutes. Brush over with the white of an egg, beaten slightly and strained, and return to the oven an instant to set the glaze. Do not cover while cooling.

Vienna Bread

Vienna bread is supposed to contain both eggs and milk. Try the following recipe, which makes good Vienna rolls In this country they are known as Lady Finger rolls.

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Lady-Finger Rolls

Scald one pint of milk and let cool to a lukewarm temperature. Soften a yeast cake in half a cup of lukewarm water, mix thoroughly and add to the cooled milk. Stir in three cups of bread flour. Beat the mixture until it is very smooth, then cover and set aside to become light and puffy. Add the yolks of two eggs, one-fourth to a cup of melted butter, one teaspoonful of salt, two level tablespoonfuls of sugar and about four cups of bread flour. Mix the whole to a smooth dough and knead the dough until very elastic. It will take at least fifteen minutes. Cover and set aside to double in bulk. Divide the risen dough into pieces of two ounces each (about half a cup of dough weighs two ounces). Knead these into balls and dispose on a board, dredge lightly with flour; cover closely with a board or pan, and leave them to become light. Roll the balls on the board under the fingers, to make long rolls pointed at the ends. Using more pressure on the dough at the ends than in the middle will give the desired shape. Set the rolls on a buttered sheet, some distance apart. When light, with a pair of scissors make three transverse cuts in the top of each roll. Bake about twenty minutes. When nearly baked, brush over with white of egg, and return to the oven to dry the egg.

DINNER MENUS PREPARED FOR 35 TEACHERS BY CLASS OF 7 PUPILS. THE TEACHERS PAID 25 CENTS EACH. PUPILS FREE; NO EXPENSE FOR FUEL.

OCTOBER 28, 1918

MONDAY

Clear Soup Crackers Celery
Camelon of Beef Squash Baked Potatoes
Oatmeal Muffins
Scalloped Apple Pudding
Lemon Sauce
Tea
Cost (wholesale prices), $7.87
Receipts, 8.75

TUESDAY (37 Teachers, Pupils 5)

Clear Soup Crackers
Frankfurts Potato Salad
Rolls
Chocolate Cream Pudding
Tea
Cost, $4.12
Receipts, 9.25

WEDNESDAY (28 Teachers, Pupils 7)

Cream of Celery Soup Crackers
Scalloped Salmon Peas
Cold Slaw
Bran Muffins
Ginger Puffs Apple Sauce
Tea
Cost, $5.09
Receipts 9.50

THURSDAY (38 Teachers, Pupils 7)

Clear Tomato Soup Crackers
Lamb Chops
Turnips Onions
Riced Potatoes
Muffins
Apples
Tea
Cost, $9.67
Receipts, 9.50

FRIDAY (38 Teachers, Pupils 7, 2 Guests)

Vegetable Soup Crackers
Baked Haddock Scalloped Potatoes
Beets Celery
Apricot Pudding, Cream
Tea
Cost, $6.21
Receipts, 9.50

NOVEMBER 4TH

MONDAY (35 Teachers, Pupils 7)

Roast Lamb
Squash Baked Potatoes
Celery Bran Muffins
Apples Tea
Cost, $6.77
Receipts, 8.75

TUESDAY (35 Teachers, Pupils 4)

Eggs Shirred with Sausage
Creamed Carrots and Peas
Corn Cake
Oatmeal Jumbles
Bananas, Custard Sauce
Tea
Cost, $6.65
Receipts, 8.75

WEDNESDAY (35 Teachers, Pupils 6)

Boiled Tongue
Mashed Potatoes
Beets Celery
Muffins
Baked Apples
Tea
Cost, $7.05
Receipts, 8.75

THURSDAY (35 Teachers, Pupils 6)

Stuffed Peppers
Glazed Sweet Potatoes
Squash
Apple Sauce
Bananas
Tea
Cost, $4.00
Receipts, 8.50

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"Here's Chocolate Gingerbread

made without lard or butter. Crisco is a better shortening. Try it. You will find it so rich and delicate that you never will be satisfied with any other cooking fat."

You get the real spice taste of the gingerbread, for Crisco has neither taste nor odor of its own and gives unlimited opportunity to bring out all the natural flavors of the food.

Countless housewives speak of the wholly vegetable Crisco with unbounded enthusiasm. They like it in cake making because cakes made with Crisco are of fine texture and stay fresh and moist unusually long.

CRISCO
For Frying - For Shortening For Cake Making

Crisco is of such purity and uniformity that good cooks find it absolutely dependable in the preparation of appetizing foods. It is a wholesome product, the rich cream of edible oils.

Today Crisco counts among its friends thousands who cooperated with the Food Administration. Refraining from the use of animal fats and butter in cooking, they adopted Crisco. They never will return to the old cooking fats. Try Crisco yourself and you quickly will understand the reason why.

Crisco, always clean and sweet, comes in sanitary, air-tight packages, one pound and upward, net weight. Crisco costs no more than bulk lard exposed to impurities. In all recipes calling for butter Crisco gives equally satisfactory results and at half the expense.

New Gingerbread

Tested and approved by Good Housekeeping Institute, Mildred Maddocks, Director.

½ cupful Crisco
½ cupful sugar
½ cupful molasses
2 ounces chocolate, melted
1 cupful thick sour milk
2 cupfuls wheat flour
½ teaspoonful salt
1 tablespoonful ginger
1 teaspoonful cinnamon
¼ teaspoonful cloves
1 teaspoonful soda
1 teaspoonful baking powder

(Use accurate level measurements)

Cream the Crisco; beat in the sugar, molasses, chocolate, and milk; add the other ingredients, sifted together; bake in a shallow Criscoed pan.

Get This New Cook Book

Janet McKenzie Hill, editor of American Cookery and founder of the Boston Cooking School, has compiled a valuable book that will save every housewife real money. It is illustrated in color and contains over 300 recipes for appetizing and economical foods. Published to sell for 25 cents, we will send you a copy for 10 cents in stamps. Address Dept. A-2, The Procter & Gamble Co., Cincinnati, Ohio.

PROCTER & GAMBLE — STANDARD PRODUCTS

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FRIDAY[(35 Teachers, Pupils 6)

Boiled Fish, Tomato Sauce
Boiled Potatoes
Turnips Carrots
Chocolate Steamed Pudding
Tea
Cost, $6.18
Receipts, 8.75

MONDAY (34 Teachers, Pupils 6)

Boiled Tongue, Piquante Sauce
Baked Potatoes
Turnips Onions Celery
Bran Muffins
Apples
Tea
Cost, $6.95
Receipts, 8.50

WEDNESDAY (35 Teachers, Pupils 6)

Corned Beef
Beets Potatoes Carrots
Turnips Cabbage
Bread and Butter
Cream Chocolate Pudding
Tea
Cost, $6.84
Receipts, 8.75

THURSDAY (35 Teachers, Pupils 8)

Stuffed Peppers
Glazed Sweet Potatoes
Onions Squash Celery
Muffins
Scalloped Apple Pudding
Tea
Cost, $4.86
Receipts, 9.00

FRIDAY (37 Teachers, Pupils 6)

Boiled Salmon, Egg Sauce
Carrots Beets Potatoes Celery
Muffins
Ginger Puffs
Tea
Cost, $6.80
Receipts, 9.25

MONDAY

Lamb Chops
Scalloped Potatoes
Squash Celery
Corn Muffins
Banana Tapioca Pudding
Tea
Cost, $7.06
Receipts, 9.00

TUESDAY

Boiled Ham, Sliced Beets
Potato Salad
Creamed Peas
Rye Muffins
Chocolate Bread Pudding
Tea
Cost, $6.80
Receipts, 9.25

WEDNESDAY

Roast Lamb
Baked Potatoes Turnips
Celery, Green Pepper-and-Cheese Salad
Rye Muffins
Caramel Tapioca Pudding
Tea
Cost, $4.76
Receipts, 7.00

THURSDAY

Beef Loaf
Mashed Potatoes
Squash Onions
Bran Muffins
Pineapple Jelly
Tea
Cost, $5.86
Receipts, 7.50

FRIDAY

Baked Fish Mashed Potatoes
Beets Turnips Celery
Apple Sauce
Tea
Cost, $4.25
Receipts, 7.00

MONDAY

Roast Lamb Baked Potatoes
Squash Onions
Rye Muffins
Bananas
Cost, $6.11
Receipts, 9.25

TUESDAY

Eggs Shirred with Sausage
Scalloped Potatoes
Creamed Carrots
Cornmeal Muffins
Apple Pudding
Cost, $4.32
Receipts, 9.50

John D. Rockefeller, Jr., relates how one evening he was reading Shakespeare, when a sentence puzzled him. "So I said to my father, who was reading his newspaper beside the lamp, 'Father, what does this mean: "There is a tide in the affairs of men which, taken at the flood, leads on to fortune?" What kind of tide would that be, father?' 'Tied down to business, son,' my father replied."

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Morrell's

"Since 1827"



"Iowa's Pride" Sliced Bacon

STRAIGHT from America's choicest corn country, Morrell's "Iowa's Pride" Sliced Bacon brings a captivating savoriness that has been distinctive of Morrell meats for over 90 years.

Nowhere can you surpass the flavor brought out by the Yorkshire process of curing, which was originated by the house of Morrell nearly a century ago.

A new contribution to the art of cookery is offered by Mrs. Ida C. Bailey Allen in a new book she has written for us — Morrell's "Iowa's Pride" Ham and Bacon Recipe Book. Send us your name and address, also dealer's name and address, and a copy will be sent you without charge.

JOHN MORRELL & CO.

OTTUMWA, IOWA

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The Silver Lining

Love Lines From A Chef

I've mustard courage, Rosie dear,
To say, though I've no skillet verse,
Whatever menu may revere,
Take me for better or for worse.

Since I've come into Cupid's range,
Our partings make such pangs begin,
Till you return my heart feels strange,
And then cries, "Where's my flour bin?"

My spirits sink, I rave and sigh,
I'm in a stew, I worry so.
I want to wed. Your soda I
Is all I knead, I'll raise the dough.

So, if you carrot all we'll pray,
'Twill pan out so that you'll be mine.
Don't say you cantaloupe today,
Come be my little valentine.

— *Marjorie R. Lewis.*

Prescription, Not Receipt

A Cleveland man takes the censorship off one of the war's best stories.

"In Baltimore," he relates, "is a cook who is one of the real originals. The official war-time substitutes for cake had just arrived and were under discussion, sans sugar, sans wheat flour and sans everything else that is supposed to make a good cake. Mammy listened to it scowlingly.

" 'That 'ere ain't a receipt, it's a prescription,' declared the mammy when she couldn't hold in her disgust any longer."

At Disadvantage

Andrew Carnegie, complimented one day on his gifts to the cause of education, said: "There is nothing so pathetic as the self-made man who is conscious of his lack of education. These poor fellows seem to think that everybody is educated but themselves.

"I once heard a man with a diamond horseshoe pin say hoarsely to a waiter: 'Shove over that there chandelier.'

" 'It isn't a chandelier, sir,' said the waiter, as he obeyed. 'It's a cruet.'

"The man with the diamonds blushed. 'Well, never mind what she is,' he said. 'shove her over. We ain't all been to college.' "

A lady who had just received an interesting bit of news said to her little daughter: "Marjorie, dear, auntie has a new baby, and now mamma is the baby's aunt, papa is the baby's uncle, and you are her little cousin." "Well," said Marjorie, wonderingly, "wasn't that arranged quick!" — *Boston Transcript.*

"When did Moses live?" asked the teacher. The class was silent, so the teacher said: "Open your books and read. What does it say?" After a pause a boy replied, "It says Moses, 4,000 B.C." "Why didn't you know when Moses lived?" demanded the teacher. "Well, sir," said the boy, "I thought that was his telephone number!"

Scotch Thrills

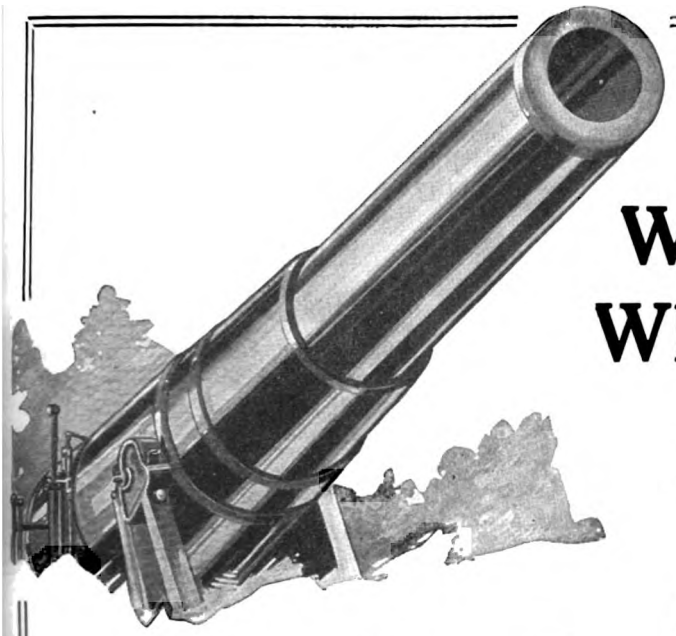
Sandy Macpherson came home after many years, and met his old sweetheart. Honey-laden memories thrilled through the twilight and flushed their glowing cheeks.

"Ah, Mary," exclaimed Sandy, "ye're jist as beautiful as ye ever were, and I hae never forgotten ye, my bonnie lass."

"And ye, Sandy," she cried, while her blue eyes moistened, "are jist as big a leear as ever, an' I believe ye jist the same." — *Reedy's Mirror.*

"So you wish to leave to get married, Mary? I hope you have given the matter a serious consideration?" "Oh, I have, sir," was the earnest reply. "I have been to two fortune-tellers and a clairvoyant, and looked in a sign book, and dreamed on a lock of his hair, and have been to one of those asterrologers, and to a meejum, and they all tell me to go

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We Explode Whole Whea

To Make These Flavory, Flaky Bubbles Which So Easily Digest

Puffed Grains seem to children like fairy foods—they are so light, so airy, so flaky, so thin.

But these grains in the making are sealed in huge guns. The moisture within them is changed to steam. They are shot from these guns, and every food cell is suddenly exploded. Over 125 million explosions occur in every kernel.



Into these guns go grains like this—whole kernels of choice wheat



Out of the guns those kernels come like bubbles, eight times former size

Professor Anderson's Way

That is Prof. Anderson's way for fitting whole grains for digestion. He blasts every food cell, so digestion can act. So Puffed Grains form the ideal sort of grain food. They never tax the stomach. One can eat them any hour. And every atom feeds.

Then these grain bubbles—about as fragile as snowflakes—taste like food confections.

Millions of people now enjoy them, morning, noon and night. Let your folks get a-plenty.

Puffed Wheat Puffed Rice Corn Puffs

All Bubble Grains **Each 15c** **Except in Far West**

The Quaker Oats Company

Sole Makers

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ahead, sir. I ain't one to marry reckless like, sir." — *Household Words.*

He was the four-year-old offspring of the beloved minister of a well-known and popular church, a minister renowned for his eloquent appeal to life. One day the young son and heir was having trouble with his go-cart, when a neighbor passing by was appealed to for help. The neighbor felt incompetent to advise, and asked: "Why don't you go to your father and find out what's the matter? He'll know." "No use," said the little chap in disgust. "He won't know. He don't know anything except about God!"

— *Harper's Magazine.*

He Couldn't Blow It Out

An old villager who had been to London was describing to his friends the splendor of the hotel at which he stayed.

"Everything was perfect," he said, "all but one thing. They kept the light burning all night in my bedroom, a thing I ain't used to."

"Well," said one wag, "why didn't you blow it out?"

"Blow it out?" said the rustic. "How could I? The thing was inside a bottle."

— *Tit-Bits.*

High Morale

Henry van Dyke, the former minister to the Netherlands, said the other day:

"The morale of all the Allied soldiers is always excellent. They joke about their wounds.

"I met a wounded Canadian aviator from the Escadrille Lafayette at a tea. He sat in a bath chair, with his leg propped straight out, and his two crutches at his side.

"'How is the leg coming on?'" I said.

"'Well, anyhow,' he laughed, 'it isn't — ha, ha — coming off.'"

— *Current Opinion.*

Everyday
A New Way to Use
UNCLE JOHN'S
CANE AND MAPLE SYRUP



On hot biscuits, bread, boiled rice, cereal, pan cakes and buckwheats, it's fine. Good for sweetening and flavoring pies, puddings, sauces, etc. Makes dandy fudge and taffy.
The Real Flavor From The Maple Grove!

Uncle John's Syrup is absolutely pure. Made from finest cane and maple syrups, blended. Try a can — you'll never tire of it. **At grocers everywhere—four convenient sizes: Gallons, ½ Gallons, Quarts (28 fl. oz.) and Pints (12 fl. oz.)**



NEW ENGLAND MAPLE SYRUP CO.
Boston, Mass.

Necessity and Custom

A group of Boston physicians gathered together for Harvard commencement week festivities were swapping stories.

"An unfortunate man," said one, "was seized suddenly on the street with cramps. He was hurried, despite his protests, to a hospital. The physicians there looked him over, poked him and said:

"'We may as well remove your appendix.'

"'Is it necessary?' asked the trembling victim.

"'It is not necessary,' said one physician, 'but it is customary.'"

Not That Kind of Race

"Ernest," said the teacher of geography, "tell what you know about the Mongolian race."

"I wasn't there," explained Ernest hastily. "I went to the ball game."

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Bicarbonate of soda, used in all baking powders.

This is a photograph of the only ingredients of—

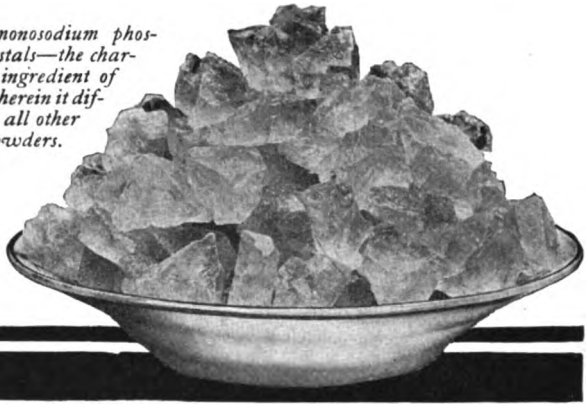
RYZON

THE PERFECT BAKING POWDER



Cornstarch, used in nearly all baking powders.

Pure monosodium phosphate crystals—the characteristic ingredient of Ryzon wherein it differs from all other baking powders.



It is well known that phosphates are a necessary part of our food. An approved phosphate baking powder is therefore the natural and desirable kind.

The formula for Ryzon, produced in our laboratories by skilled chemists, uses pure crystallized monosodium phosphate as the acid ingredient. By patented processes of manufacture, Ryzon is so stabilized as to be always efficient and dependable—making it truly "The Perfect Baking Powder."

Ryzon is 40c a pound. The new Ryzon Baking Book (original price $1.00), containing 250 practical recipes, many of conservation value and others easily adapted to present day needs, will be mailed, postpaid, upon receipt of 30c in stamps or coin, except in Canada. A pound tin of RYZON and a copy of the Ryzon Baking Book will be sent free, postpaid, to any domestic science teacher who writes us on school stationery, giving official position.



GENERAL CHEMICAL CO.
FOOD DEPARTMENT
NEW YORK

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Gluttony

A clergyman was quite ill as a result of eating several pieces of mince pie.

A brother minister visited him, and asked him if he was afraid to die.

"No," the sick man replied, "but I should be ashamed to die from eating too much pie."

Penelope Up-to-Date

The sixth-grade class in reading had followed Ulysses through several years of wandering. Then the teacher asked: "What was Penelope doing all this time?"

Louis answered, solemnly: "Well, every day she and her maids spun and wove all day; and every night Penelope raveled out all the cloth they had woven during the day. Finally she said to those suitors: 'I won't marry any of you fellows till I get this sweater done.'"

— *Harper's Magazine.*

Pay Dirt

"One moment, please," exclaimed the patient in the oculist's chair.

"Well," queried the oculist as he dropped the eyelid.

"I just want to have an understanding," said the patient. "I want it thoroughly agreed, before you remove that foreign substance from my eye, that if it turns out to be coal dust it belongs to me." — *Boston Transcript.*

And Why?

Across her cheek of rose and white,
A long dark scar, a fearful sight,
With jagged saw teeth on each side
From lip to eye it reaches wide.

If always she could profile sit,
I wouldn't mind that scar a bit.
Her face is great the other side,
You couldn't beat it if you tried.

But look! she gives her hair a pat,
That wide spread scar sure moved with that.
The horror that has turned me pale,
Was only just this season's veil.

—*Helen Forrest.*

In the Soup

Don't waste any scraps of meat or vegetables.
Put them in the soup.



Properly spiced with Slade's Celery Salt, Slade's Onion Salt, Pepper, Allspice or Cloves—all soups will be found both pleasing and nourishing.

Ask Grocers for SLADE'S
Send Stamp for Cook Book

D. & L. SLADE CO., Boston



Slade's Spice Is Extra Nice

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Shut Your Eyes and Choose

"Zare!" exclaims the eminent French chef, as he proudly exhibits his splendid Orange Jell-O dessert, "can anybody beat zat?"

"Well, perhaps not 'beat' it," the lovely young housewife says, demurely, "but what do you say to this?"

What *is* there to say, when the two desserts are exactly alike? Fact is, any woman, whether she can cook at all or not, can make of

JELL-O

just such delicious and beautiful desserts and salads as are made by the greatest chefs and cooks, and do it easily too.

There are six pure fruit flavors of Jell-O: Strawberry, Raspberry, Lemon, Orange, Cherry, Chocolate. Each **13** cents or two packages for **25** cents.

THE GENESEE PURE FOOD COMPANY,
Le Roy, N. Y., and Bridgeburg, Ont.

The air-tight waxed-paper Safety Bag enclosing Jell-O inside the package keeps the flavor at full strength.

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Delicious— and Thrifty, too

MANY simple, wholesome puddings and cakes can be as delicious as in more extravagant days—if the flavor is wisely chosen and wisely used.

The rich, appetizing delicacy of Burnett's Vanilla lends a charm to desserts which makes them seem like old times. Do not risk spoiling precious materials by trying to save a fraction of a cent on the flavor you use—that is not thrift. But the use of Burnett's Vanilla is.

The Heart of the Dessert

Burnett's Vanilla

Keep on Saving Food

The U. S. Food Administration warns that we must continue to conserve food, especially wheat, meat, sugar and fats.

Our Booklet

Good Things to Eat

tells how to make good use of scraps of bread and other left-overs.

THE FLEISCHMANN CO.

701 Washington St., New York City

Trade Mark Registered.

Gluten Flour

40% GLUTEN

Guaranteed to comply in all respects to standard requirements of U. S. Dept. of Agriculture.

Manufactured by

FARWELL & RHINES

Watertown, N. Y.

The Secret of Good Cooking

Colburn's Spices

"A" *Red Label Brand*

The A. Colburn Co., Philadelphia, U.S.A.

Food Remedies for Scurvy

THE importance of the potato as a staple article of food is becoming more and more clearly established through rapidly accumulating data developed by present day dietetic researches. It has been clearly shown by Hess that the potato is a sovereign remedy for scurvy. This fact rather tends to invalidate the contention of McCollum that scurvy is due to constipation, since the potato is not at all laxative, while malt soup, which is decidedly laxative, very readily gives rise to scurvy.

Hess has also shown that the use of paraffine oil, as a laxative, does not prevent scurvy, while very small quantities of orange juice, quite insufficient to produce any laxative effect, rapidly cures scurvy.

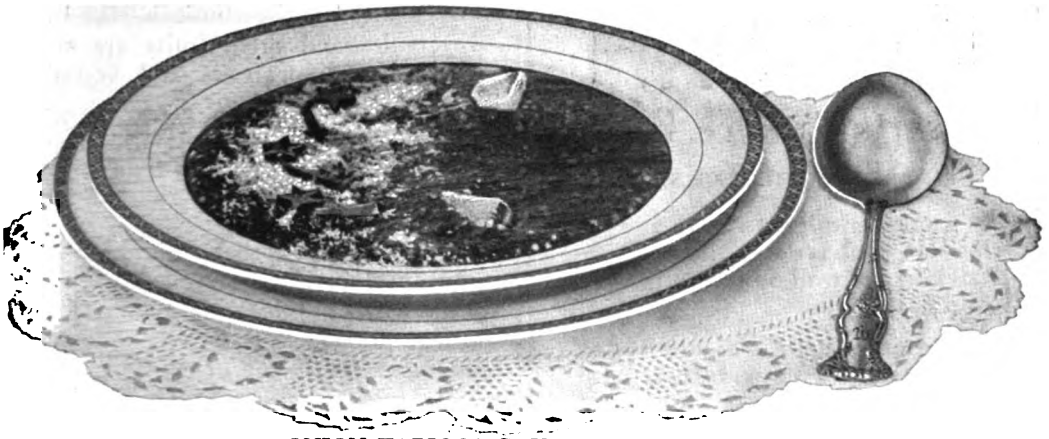
It is more than probable that scurvy is much more extended in its progress than is generally supposed. It has been observed by Hess, and others, that when the potato crop is poor, leading to a scarcity of this vegetable, scurvy increases, appearing particularly in institutions where large numbers of persons are subject to a regulation dietary. In one such institution, in which the supply of potatoes was materially reduced, two hundred cases of scurvy appeared.

It is to be remembered, also, that for every case of scurvy that is recognized, there are probably many cases in which the symptoms are not developed sufficiently to lead to the identification of the disease.

The medical history of the Civil War records the fact that scurvy developed at nearly all of our military posts during the winter season, when the diet consisted of the ordinary ration, with dried vegetables

More than 30,000 cases of scurvy in the army were reported, with some hundreds of deaths In the present war, a French physician has reported that among eight hundred troops under his charge, ninety-five per cent had scurvy. Wheat germs in bran, brewers' yeast, and even dessicated vegetables, dried at the low temperature of 125 degrees, will not prevent scurvy. Fresh vegetables and fresh fruits

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ONION TAPIOCA SOUP

Put one teaspoonful of butter substitute in a saucepan. When melted, add two chopped onions, fry without browning, add 3 cups of beef stock, stir over a slow fire till boiling, then stir in 3 heaping tablespoonfuls of Minute Tapioca, boil 15 minutes, season with salt, pepper and paprika. Serve with grated cheese and toasted dice of bread.



Minute Tapioca is as delicious in soups as it is in desserts. Onion Tapioca Soup is nourishing and tastes as good as it looks. Make it for dinner tonight.

Minute Tapioca is an energy-building food which is always sure of a welcome from the family. You can use it in such a variety of dishes that they do not tire of it.

Minute Tapioca



Look for the familiar red and blue package of Minute Tapioca on your grocer's shelf. Minute Gelatine is measured for use and may be instantly dissolved in hot water.

The Conservation Cook Book has many new receipts. Sent free upon request.

MINUTE TAPIOCA COMPANY
102 North Main Street,
Orange, Mass.

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NESNAH

Desserts and Ice Cream Without Eggs

It's easy enough to have a food-dessert that is delicious and nutritious, as well as economically and easily made.

Buy a package of *Nesnah* today and prove to your family and yourself that you do not need eggs to make desserts.

A 10c Package Makes a Quart

SIX PURE FRUIT FLAVORS

Vanilla Chocolate Orange
Raspberry Lemon Almond

A postcard will bring a free sample and cook booklet.

Chr. Hansen's Laboratory, Inc.
THE JUNKET FOLKS
Box 2507 Little Falls, N. Y.

Cream Whipping Made Easy and Inexpensive

CREMO-VESCO

Whips Thin Cream
or Half Heavy Cream and Milk
or Top of the Milk Bottle

It whips up as easily as heavy cream and retains its stiffness

Every caterer and housekeeper wants CREMO-VESCO.

Send for a bottle today.

Housekeeper's size, 1½oz., .30 prepaid
Caterer's size, 16oz., $1.00 "
(With full directions.)

CREMO-VESCO COMPANY
631 EAST 23rd ST., BROOKLYN, N. Y.

are essential antiscorbutic foods. Dried vegetables and dried fruits are wholesome, but fresh fruits and vegetables should also be used.

Prunes have no protective power, and curiously, the banana, although a fresh fruit, is of little value in preventing scurvy.

Hess has shown that an infusion of orange peel may be successfully used in place of orange juice, or in connection with orange juice, with success in the prevention and treatment of scurvy. In the preparation of this infusion, the orange skins are first washed and grated. To one measure of gratings, two measures of boiling water are added.

The mixture is set aside and allowed to stand until the next day, when the liquid is drained off and is ready to use, after the addition of a little sugar to increase its palatability.

Cookies! Yanks Eat Millions

Paris, Dec. 14 — More than 6,000,000 old-fashioned American cookies have been manufactured in France and distributed with the compliments of the American Red Cross to the soldiers in service, the wounded in hospitals and to scores of canteens. Within a month it is expected that 700,000 cookies will be made a day. At present the output is 200,000 a day.

It is the belief of Red Cross officials that the manufacture of cookies will not be affected by the cessation of hostilities.

It is pointed out that there is a six months' stock of sugar and one and a half year's supply of flour in storage for making the cookies.

Send two new yearly subscriptions at $1.50 each and we will renew your own subscription for a year.
AMERICAN COOKERY

SEVEN-CENT MEALS $1.50 per w per person: meals with recipes and directions for preparing each. or FREE for names of four friends interested in Dome Science.
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SPICES AND FLAVORINGS

are the choice of good cooks everywhere. When buying Mustard, Spices, Seasonings and Flavorings, be sure you get pure, full-strength goods. Otherwise you risk flat failure in your cooking. Thousands of New England housewives know this, and always insist upon the genuine Stickney & Poor's. They know that this time-honored name is a guarantee of purity, quality, and satisfaction-giving. For Stickney & Poor's Spices, Mustards, Seasonings and Flavorings

THE STANDARD OF EXCELLENCE FOR MORE THAN ONE HUNDRED YEARS

If you pride yourself upon your culinary ability, be sure to keep a supply of these reliable products on the pantry shelf. You'll find them without an equal. And for goodness sake, be sure you say Stickney & Poor's, when you order from your grocer.

Your Co-operating Servant,
MUSTARDPOT.

STICKNEY & POOR SPICE COMPANY

1815 — Century Old — Century Honored — 1919

Mustard-Spices BOSTON, MASS. Seasonings-Flavorings

THE NATIONAL MUSTARD POT

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HOUSEWIVES BOOK FOR RECIPES

Designed especially for the convenience of those who gather recipes from magazines and newspapers, and is both a scrap book for pasting in recipes and a blank book for writing favorite recipes with pen.

It is divided into twenty-eight menu divisions and arranged with indexed headings and has space for 2,000 recipe clippings. It has sixty true and approved recipes and other helpful features. Also a pocket to hold recipes until a convenient time to paste them in.

It contains 160 pages with stubs to hold book into shape without bulging. Printed on fine manilla writing stock, substantially bound in handsome buff stiff washable covers, ink-stamped title.

Truly the ideal recipe book for the American housewife. Bound to please. Sent on approval and money promptly returned if dissatisfied.

$1.25 postpaid

BERGEN CO., 502 South 49th St., Phila., Pa.

Delicious Whipped Cream

can be easily made from ordinary Table Cream by adding a few drops of

Farrand's Cream Whip

Send us 30c for full ounce bottle if your grocer does not carry it.

THE CREAM WHIP CO.
Cleveland, Ohio

SERVICE TABLE WAGON



Large Broad Wide Table Top — Removable Glass Service Tray — Double Drawer — Double Handles — Large Deep Undershelves — "Scientifically Silent" Rubber Tired Swivel Wheels.

A high grade piece of furniture surpassing anything yet attempted for GENERAL UTILITY, ease of action, and absolute noiselessness. WRITE NOW FOR A DESCRIPTIVE PAMPHLET AND DEALER'S NAME.

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1011 Tower Bldg. Chicago, Ill.

Sturdy Vegetarians

The Roman soldiers, who built such wonderful roads, and carried a weight of armor and luggage that would crush the average farmhand, lived on coarse brown bread and sour wine. They were temperate in diet and regular and constant in exercise. The Spanish peasant works every day and dances half the night, yet eats only black bread, onion and watermelon. The Smyrna porter eats only fruit and sour olives, yet he walks off with his load of one hundred pounds.

Picture, if you can, the baffled and crestfallen expression on the face of a plumber who has just received his first bill for automobile repairs from a confirmed garage man. — *Buffalo Express.*

Cooking for Profit

THE demand for home-cooked food is constant everywhere. Many "born cooks" have succeeded in building up a more or less successful business in this line. Many more women need to earn money and still maintain their homes intact, but do not know how to go about establishing a profitable business in home-cooked foods.

We are having a new correspondence course, written especially for such women, by one who has made a notable success in this business. It explains, in detail, just how to prepare food "good enough to sell"; just what to cook, with many choice recipes; how to establish a reputation and a constant profitable market; how to cater for all entertainments; how to run successful tea rooms, etc.

The outlay for additional equipment is not large, and the fee for the course is very reasonable, and may be paid on easy terms. The course is in twelve lessons, sent weekly. The reputation of the school, and fourteen years' experience in teaching in this line, are back of this course. If interested, write to American School of Home Economics, 503 W. 69 Street, Chicago, Ill. — *Adv.*

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Mrs. Knox Says—

The real science of food conservation is not in stinting, but in utilizing all we have. Here is one of many delicious, saving dishes that can be made of

KNOX
SPARKLING
GELATINE



CONSERVATION VEAL LOAF

1 envelope KNOX Sparkling Gelatine (Acidulated)
1 cup cold water
2 cups meat stock, well seasoned
1 onion, peeled and sliced
1 stalk celery
2 cups chopped cold cooked veal, ham, beef or chicken
⅓ cup canned pimentoes, cut in thin strips
½ tablespoonful finely chopped parsley

Soak gelatine and one-half teaspoonful of the lemon flavoring found in the Acidulated Package in cold water five minutes. Add onion and celery to meat stock, bring to the boiling point, let boil three minutes, and pour over soaked gelatine. When mixture begins to stiffen, add meat, pimentoes and chopped parsley. Turn into brick mold, first dipped in cold water, and chill. Remove from mold and cut in slices for serving.

Plain for General uses



THE economy of it is that one package of KNOX SPARKLING GELATINE makes 4 pints of Jelly—enough for four meals for a family of five. It is not necessary to use the whole package at once.

Let us send you our conservation book, "Food Economy," which is a revelation in the art of using "left overs." Also our book on "Dainty Desserts," which is full of new ideas.

If you have never used Knox Sparkling Gelatine, enclose 4c in stamps for an introduction package—enough to make a dessert or salad.

Charles B. Knox Gelatine Co., Inc.,
107 Knox Ave., Johnstown, N.Y.

Including pure lemon flavor for quick use



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See to Sweep



Get *Two* Uses from Single Sockets

You can light your halls and dark corners even though your electrical sockets are being used for the vacuum sweeper. You can have both light and power from *any* socket with the

BENJAMIN TWO-WAY PLUG

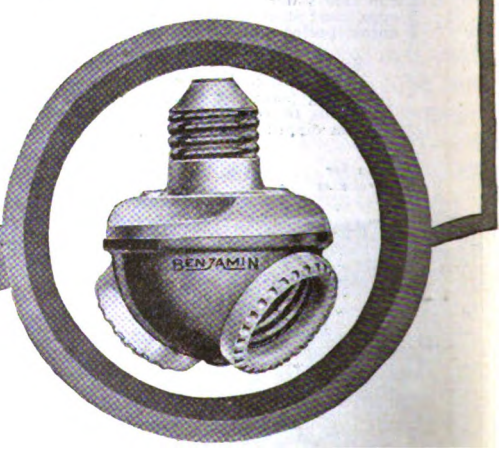
Also gives you heat and light—or an extra lamp—from any one socket. No electrical appliance need remain idle for lack of an outlet and you can banish the bother of removing and replacing lamps.

At Your Dealers

3 FOR $3.50
$1.25 each

Made only by

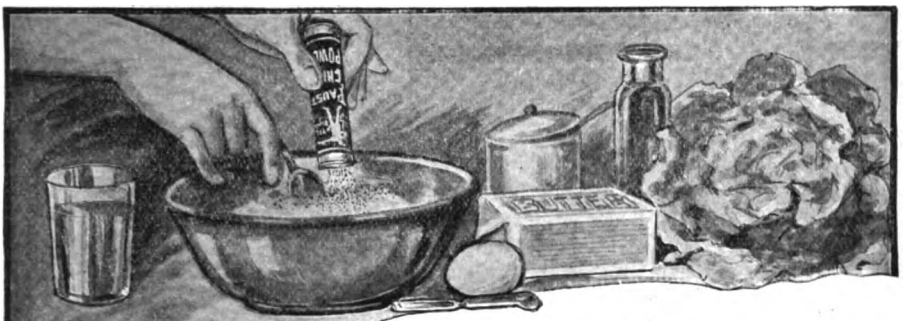
BENJAMIN ELECTRIC MFG. CO.
Chicago New York San Francisco



Benjamin No. 2450 Shade Holder enables you to use any shade with your Two-Way Plug.

Benjamin No. 903 Swivel Attachment Plug screws into the socket without twisting the cord.

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Faust Salad Dressing

1 teaspoon of salt, 1 teaspoon Faust Chile Powder. Add 4 tablespoonfuls of olive or salad oil, stir or beat thoroughly, then add 3 tablespoonfuls of vinegar and stir or beat until thoroughly congealed.



Prize-Winning Chile Con Carne

1½ lbs. beef off round, ground not too fine; 2 large onions; 2 teaspoonfuls salt; 4 large tablespoons Blanke's Chile Powder; 1 heaping tablespoon lard; 1 pint Mexican chile beans or 1 pint red kidney beans; 1 pint hot water. Soak beans in water and boil until done; cut onions in small bits and fry in the lard; add to this the ground beef which has been sprinkled with a little flour and salt; stir until seared, then add one pint hot water, the cooked beans and Chile Powder. Stir and let cook slowly 30 minutes.



Faust Chile Spaghetti Au Gratin

Cook a half pound of spaghetti until done, put in a baking dish, put two tablespoons of bacon grease, add a pint of tomatoes, put on a tablespoonful of Chile Powder mixed well together, and salt to suit, put on top a sprinkling of grated cheese, place in oven to slowly bake. When the top is brown it will be ready to serve.



MAKE THE BEST DISHES BETTER

FAUST CHILE POWDER is a "different" seasoning. You use it instead of pepper, spices, etc. It's a combination of all of them, except salt. For salad dressings, meats, gravies, stews, soups, there's nothing quite so good. Sold by most dealers in 10c., 25c. and 50c. cans. If your dealer hasn't it, send 15c. for 1¼-oz. can and Recipe Pamphlet prepared by Henry Dietz, famous chef of the historic Faust Cafe and Bevo Mill.

DEALERS, Ask Your Jobber.
JOBBERS, Write Us.

C. F. Blanke Tea & Coffee Co., ST. LOUIS, MO.

Manufacturers of the world-famous ***Faust Instant Coffee & Tea.*** Faust Instant Coffee is now in the service of the Government and this product will therefore be unobtainable until victory crowns our arms. Faust Instant Tea, however, is still available at 30c., from dealers or by mail.



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Aiding in Food and Fuel Conservation

The eyes of our allies are directed toward the millions of American homes where economy in the kitchen means so much more food to augment their scanty supply. Old uncertain methods of baking mean wasted food and fuel. Through the use of the

***Taylor* Home Bake Oven Thermometer**

the housewife knows when the temperature of the oven is right, and avoids those mistakes in baking that mean waste.

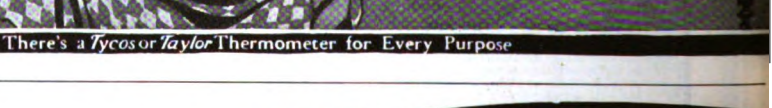
The *Taylor* Oven Book tells just how long to bake and just what temperature to maintain.

Taylor Oven Thermometers are sold by almost all dealers. If your dealer cannot supply you, write direct.

Taylor Instrument Companies
ROCHESTER, N. Y.

504 There's a *Tycos* or *Taylor* Thermometer for Every Purpose

A Perfect Knife for Grape Fruit



No. 10. U. S. Patent 48236

The blade of this knife is made from highly tempered, high quality, cutlery steel, curved so as to remove center and to cut cleanly and quickly around the edge, dividing the fruit in segments ready for eating. An added feature is the round end which prevents cutting the outer skin. The popularity of grapefruit is growing so rapidly that this knife for time saving and handiness is a necessity. For sale at the best dealers. If not found with your hardware dealer we would be glad to send by mail, providing dealer's name is sent, with 50 cents, which covers cost of postage.

THE EMPIRE KNIFE CO. ***Sole Manufacturers*** **WINSTED, CONN.**

Established 1856 *Trade Mark "EMPIRE" Registered U. S. Patent Office.*

SERVICE TABLE WAGON



Large Broad Wide Table Top — Removable Glass Service Tray — Double Drawer — Double Handles — Large Deep Undershelves — "Scientifically Silent" Rubber Tired Swivel Wheels.

A high grade piece of furniture surpassing anything yet attempted for GENERAL UTILITY, ease of action, and absolute noiselessness. WRITE NOW FOR A DESCRIPTIVE PAMPHLET AND DEALER'S NAME.

IT SERVES YOUR HOME AND SAVES YOUR TIME. THAT IS PRACTICAL ECONOMY

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Food, Health, Housekeeping, Clothing, Children

Courses for Homemakers, Teachers, Dietitians Managers, Home Demonstrators, Nurses, etc

"THE PROFESSION OF HOME-MAKING." 10 page handbook, FREE. Bulletins: "FREE HAN COOKING," 10 cents. "FOOD VALUES," 10 cent "FIVE CENT MEALS," 10 cents.

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ON EVERY can, jar, bottle or package of our Certified Brand canned fruits, vegetables and table specialties appears the straightforward guarantee shown above. We instituted this "money back" pledge when we introduced our Certified Brand Line and your dealer will refund the purchase price on request. It is a part of the label—really part of the products themselves, for we have to know without doubt that the goods themselves justify such a guaranty. The Wilson label is our pledge to you. It tells you that all Wilson products are given the same *respectful* care and thought your own mother uses when she prepares the favorite dish of the family.

If your dealer should not be able to supply Wilson's Certified products, please send us his name and address. We can stock him promptly, as our distribution is national.

THE WILSON LABEL PROTECTS YOUR TABLE

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Experience has shown that the most satisfactory way to enlarge the subscription list of American Cookery is through its present subscribers, who personally can vouch for the value of the publication. To make it an object for subscribers to secure new subscribers, we offer the following premiums:

CONDITIONS: Premiums are *not* given *with* a subscription or *for* a renewal, but only to *present* subscribers, for securing and sending to us *new* yearly subscriptions at $1.50 each. The number of new subscriptions required to secure each premium is clearly stated below the description of each premium.

Transportation *is* or *is not* paid as stated.

INDIVIDUAL INITIAL JELLY MOULDS



This shows the jelly turned from the mould

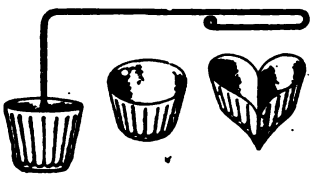
Serve Eggs, Fish and Meats in Aspic; Coffee and Fruit Jelly; Pudding and other desserts with your initial letter raised on the top. Latest and daintiest novelty for the up-to-date hostess. To remove jelly take a needle and run it around inside of mould, then immerse in warm water; jelly will then come out in perfect condition. Be the first in your town to have these. You cannot purchase them at the stores.



This shows mould (upside down)

Set of six (6), any initial, sent postpaid for (1) new subscription. Cash Price 75 cents.

"PATTY IRONS"



As illustrated, are used to make dainty, flaky patés or timbales; delicate pastry cups for serving hot or frozen dainties, creamed vegetables, salads, shell fish, ices, etc. Each set comes securely packed in an attractive box with recipes and full directions for use. Sent, postpaid, for one (1) new subscription. Cash price, 75 cents.

AN EGG SLICER SAVES TIME AND EGGS



Does the work quicker and better than it can be done in any other way. One will be sent postpaid to any present subscriber as a premium for securing and sending us one (1) new yearly subscription. Cash price, 75 cents.

FRENCH ROLL BREAD PAN



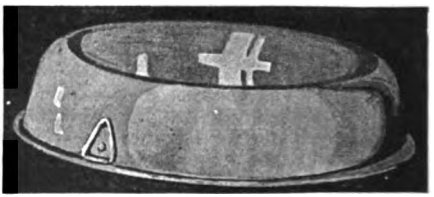
Open End

Best qulity blued steel 6 inches wide by 13 long. One pan sent, prepaid, for one (1) new subscription. Cash price, 75 cents for two pans

SEAMLESS VIENNA BREAD PAN



Two of these pans sent, postpaid for one (1) new subscription. Cash price, 75 cents for two pans.



HEAVY TIN BORDER MOULD

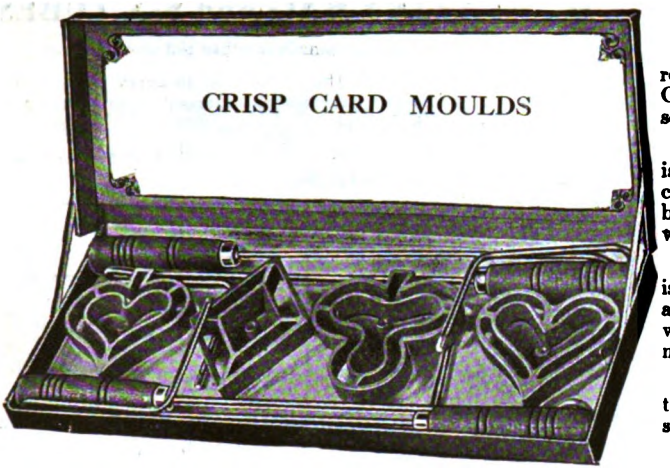
Imported, Round, 6 inch

Sent, prepaid, for one (1) new subscription. Cash price, 75 cents.

THE BOSTON COOKING-SCHOOL MAGAZINE CO. :: :: Boston, Mass.

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PREMIUMS



Crisps made with these moulds representing Hearts, Diamonds, Clubs and Spades, are ideal for serving at card-party luncheons.

The bottom of the center space is closed; in this can be served any creamed meat, oysters or vegetables, garnished around the edges with parsley, radishes or olives.

Another excellent way of using is to set the shell on a lettuce leaf and fill with salad; or fill the shell with an ice or ice cream and garnish with fruit.

Sent, with recipes and directions, postpaid, for two (2) new subscriptions. Cash Price $1.50.



3 Pint Aluminum Sauce Pan

First Class Heavy Spun Aluminum

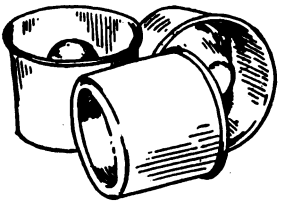
Sent, postpaid, as premium for one (1) new subscriber. Cash price 75c.

3 Pint Aluminum Double Boiler



A heavy, superior article. An absolute necessity in every kitchen. Sent, prepaid, as premium for two (2) new subscriptions. Cash Price $1.50.

Patent Individual Charlotte Russe Moulds



Can be used, not only in making charlotte russe, but for many other dishes.

Wherever individual moulds are called for, you can use these.

The moulds we offer are made by a patent process. They have no seams, no joints, no solder. They are as near perfection as can be had.

A set of six (6) Patent Charlotte Russe Moulds will be sent postpaid for two (2) new subscriptions. Cash Price $1.50.

GOLDEN ROD CAKE PAN



For "Waldorf Triangles," "Golden Rod Cake," "Orange Slice Cake" and many other fancy cakes. Substantially made of the best tin. Two pans. Sent, postpaid, for one (1) new subscription. Cash Price 75c for two pans.

REMOVABLE RING MUFFIN PAN

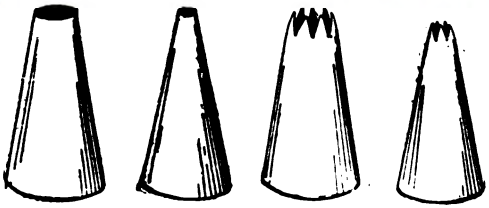
Made of best quality blued steel. Strong and durable. Size 12 rings 2⅝ inches diam. Pan 8¼ inches by 11 inches. Rings are removable, pan may be used for cake or candy making. Sent, prepaid, for one (1) new subscription. Cash Price 75c.



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PREMIUMS

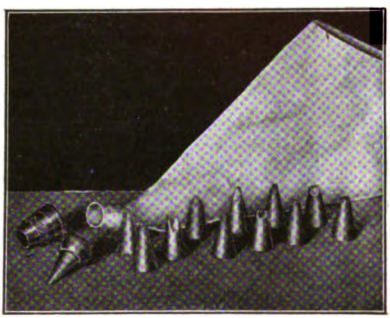


PASTRY BAG and SIX TUBES

(Bag and two smallest tubes not shown in cut)

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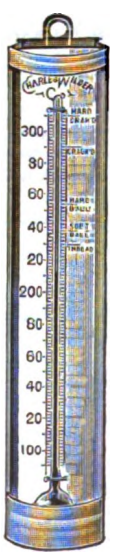




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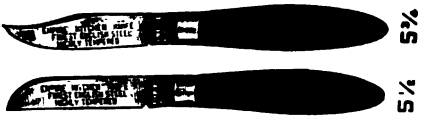
PREMIUMS

The Empire Grape Fruit and Orange Knife



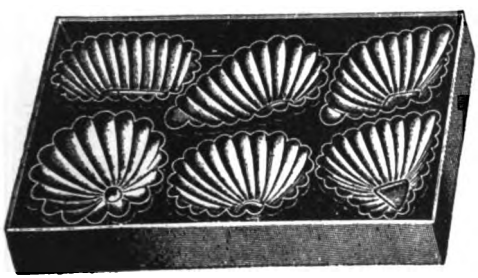
Is made from the finest cutlery steel, finely tempered, curved just to the right angle and ground to a very keen edge, will remove the center, cut cleanly and quickly around the edge and divide the fruit into segments ready for eating. The feature of the blade is the round end, which prevents cutting through the outer skin. A grape fruit knife is a necessity, as grape fruit are growing so rapidly in popularity as a breakfast fruit. Sent, postpaid, for one (1) new subscription. Cash Price **50 cents.**

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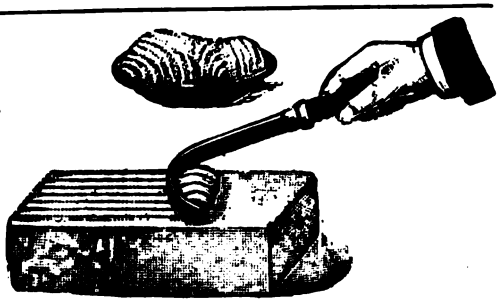
BROWNIES

½ cup of Butter	1 Egg, well beaten
½ cup of Sugar	1 cup of Flour
½ cup of Molasses (dark)	1 cup of Nuts, Pecan or Walnuts

Mix in the usual manner, but without separating the egg. Bake in small, fancy shaped tins. Press half a nut meat into the top of each cake.

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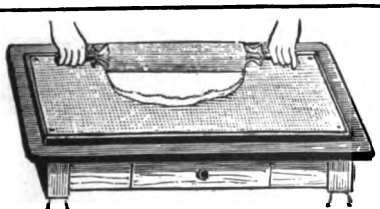
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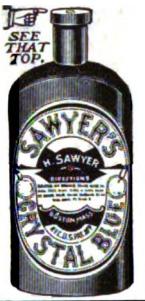
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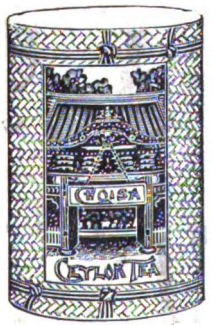
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COCOANUT CORN-MEAL PUDDING

1 cup corn-meal
1 cup barley flour
1 cup wheat flour
1 teaspoon salt
1 teaspoon soda
3-4 cup sugar
2 tablespoons shortening
1 pint sour milk
1 cup Dromedary Cocoanut
1-2 cup Dromedary Dates

Mix meal and flour with salt and soda. Add sugar, shortening, milk, cocoanut and dates (cut in halves). Pour into greased mold, cover with a greased paper and steam steadily for four hours. Turn out and serve with hot milk or any preferred sweet sauce.

COCOANUT RICE PUDDING

1 cup rice
3 pints milk
1 cup Dromedary Cocoanut
1-2 teaspoon salt
2 eggs, beaten
1 teaspoon grated lemon rind
2 tablespoons butter substitute, melted
1 cup sugar

Wash rice, put it into the upper pan of a double boiler with the milk, and cook over hot water for two hours, then add cocoanut, salt, eggs, lemon rind, butter substitute and sugar. Turn into a greased fireproof pudding dish, stand in a pan of hot water and bake in a moderate oven for twenty minutes. Decorate with cocoanut and serve with hot milk or custard.

COCOANUT BREAD PUDDING

1 cup Dromedary Cocoanut
1 pint bread crumbs
1 quart milk
3 eggs, beaten
1-2 cup sugar
1-2 teaspoon salt
2 tablespoons butter substitute, melted
1-2 teaspoon nutmeg

Into a bowl put cocoanut, bread crumbs and milk, and allow to soak fifteen minutes; add eggs, sugar, salt, butter substitute and nutmeg; pour into a greased fireproof dish and bake in a slow oven for one hour. Decorate with Dromedary Cocoanut and serve with hot milk or any preferred sweet sauce.

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AMERICAN COOKERY

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Mrs. Rorer's
Home Candy Making

is the book you need if you object to paying 80 cents to $1.50 per pound at the stores. The prices are wilfully extravagant, and it is astonishing how people walk up and pay over their good money. Now why not make your own confections and save most of your money? It is not trying or difficult, in fact it is rather fascinating. This book of Mrs. Rorer's tells how in a way you can successfully follow — there are recipes for all kinds of candies, etc. Here are some of the things in the book:

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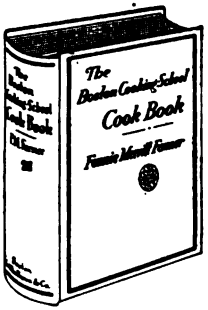
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Cold Boiled Tongue, Sliced Thin
Lettuce and Shrimp, Mayonnaise Dressing
Graham Bread and Butter Sandwiches
Very Small Rolls
(unbuttered)
Individual Charlotte Russe

BUFFET SUPPER

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Coffee in Urn
Bread Sticks
Creamed Oysters in Swedish Timbale Cases
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White Bread, Chopped Olive and Mayonnaise Sandwiches
White Bread, Cream Cheese-and-Pimiento Sandwiches
Salmon Cooked Whole, Lettuce Mayonnaise
Little Cakes

BUFFET SUPPER

Coffee in Urn
Chicken à la King (chafing dishes)
Scalloped Oysters
Plain Bread and Butter Sandwiches
Olives Pickles
Canned Apricots, Frozen
Little Sponge Cakes

Church Suppers

SUNDAY NIGHT SUPPER

At Church for Sailors

MENU

Creamed Chicken, Peas and Pimientos in Patty Shells
Hot Rolls Cake Coffee
(7 dozen patty shells, 10 dozen rolls, 24 pounds chicken, 2 cans peas, 1 can pimientos.)

SUNDAY NIGHT SUPPER for 32

Served at Church Parlor, Fall River, Mass.

MENU

Scalloped Fish
Creole Corn Custard
Welsh Rabbit on Slice of Brown Bread
Hot Rolls
Pepper-Relish Olives Tomato Pickles
Four Cakes
Coffee

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THIS SETTLE IS BALANCED BY THE BOOKCASE OPPOSITE

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American Cookery

VOL. XXIII MARCH, 1919 No. 8

The Old-Time Settle

By Winifred Wales

THERE is no piece of furniture that is so adaptable for fireside furnishing as the old-time settle, with its suggestion of good cheer and hospitality. There is an indescribable charm that surrounds it, denoting a coziness that appeals, but the appeal, in a measure, depends on its relationship to some point of interest in the house; it may be the crackle of blazing logs, perhaps a tempting bookcase, built into the wall, or a bright sunny window, commanding an enticing view that is most restful.

In the early days of our country's existence, our sturdy forbears recognized primarily its practical value, for to them it meant simply a homely piece of furniture that added to their scantily furnished rooms. They were used in all the fire rooms (kitchens) and were placed on either side of the cavernous chimney, away from the draught, yet facing the huge fire, which was the only means of heating the house. Being usually constructed of pine, the delightful weathered surface formed a picturesque setting to their roughly constructed homes.

While we are wont to think of these old-time settles as always of plain wood, there were, as well, many decorated ones that are well worthy of copy today, topped with mouldings, showing rich carvings on backs and arms. In reality they were crude reproductions of the richly carved settle still found in the Baronial Halls of Merrie England.



COSY AND CONVENIENT

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To us, today, the adoption of the settle idea combines both usefulness and decorative qualities, and while they are practical from an economical point of view, they likewise serve to enhance the attractiveness of any room in which they are placed. They also lend space to a small room, and tend to relieve an over-crowded effect which a sofa produces in a diminutive room.

It is hard today to find a wood that is not usable for settles, yet great thought must be taken in their construction to have them harmonious with the finish of the room. While hard pine and oak are the most commonly used woods, chestnut, cypress, birch or maple, all lend themselves admirably to this purpose.

The proportions of this individual piece of furniture is governed by the place for which it is designed, giving to it a sliding scale of length and height. When it occupies a position on either side of the fireplace, which is, in reality, an adaptation to those of Colonial days, it should be constructed with a high back, and a rather broad seat. The measurements must be carefully considered, in order that it may be neither too narrow nor too broad, and that the slant of the back be so adjusted that it affords support to the occupants.

Occasionally we see the settle standing lengthwise in front of the open fire, and backed by a refectory table. In such cases, it should only reach to the level of the table's edge, and should be stained, either to match the wainscot, or trimmed.

In rooms that are severely plain, or of the bungalow type, the most appropriate wood is the North Carolina pine in its natural finish. The settles should be built with a high back, and are especially attractive when made of narrow matched slabs of pine, that run perpendicularly, so that they show a beautiful color scheme in alternating the light and dark grains. They can be made more decorative through the use of moulding for ornamentation, and the arms should be about two inches thick, and cut in a piece of sufficient size to avoid piecing. This wood is particularly adapted for staining



THE OLD BRICK FIREPLACE WITH OVEN AND SETTLE

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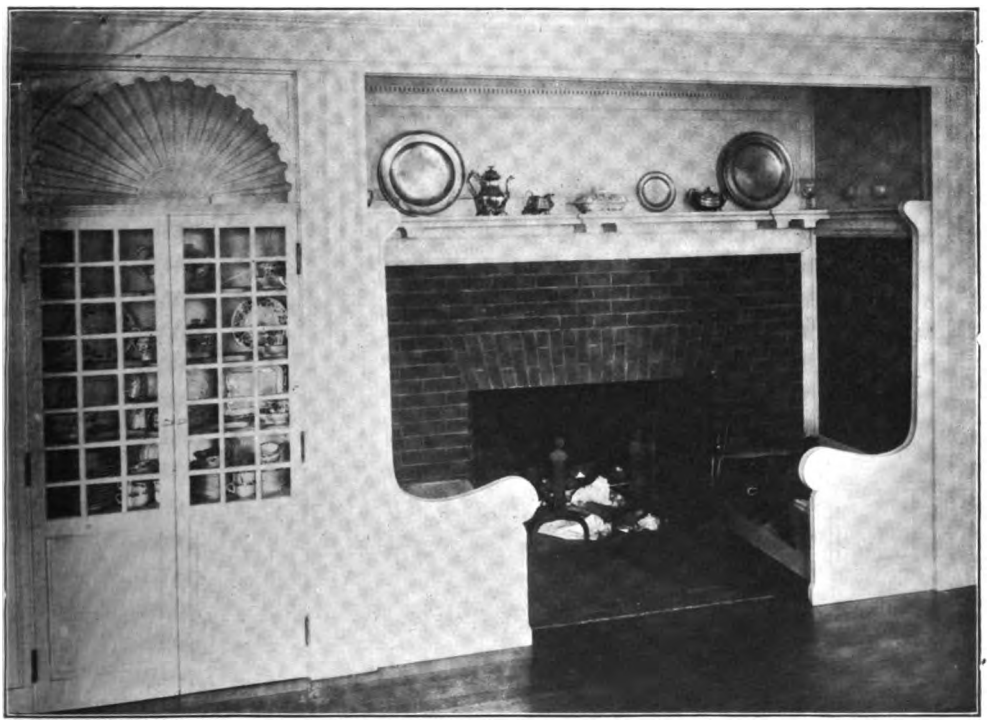
purposes, but it should be rubbed and polished thoroughly after the stain has dried, that it may produce a soft. even, finished surface. There are in the market wax preparations that are admirable for use, bringing out the rich grain of woods to better advantage. This is particularly true of the dark brown and Flemish green, both of which are so popular today.

Great care must be taken that this interesting piece of furniture harmonizes with the wood used in wainscotting or trimming, otherwise its effectiveness is lost. Take, for instance, an English oak settle, and think how charming it would be in a room with a beamed ceiling, while a white painted piece would be entirely out of place. This design is only appropriate for a modified Colonial room, where characteristics of the seventeenth and early eighteenth century have been worked out.

While we have grown to consider the settle as suitable for the living-room only, it can be adapted to any part of the house, and often breaks the corner of the room, making an "inglenook" effect that is charming. For hallway usage, it has become a favorite, for it lends itself to space saving, and by having a hinged seat, it can be used to store away wraps.

For a man's room, English oak, walnut, or mahogany, are very effective, made into settles. The oak may be natural in tone, or treated with a mahogany stain, or a dull waxed finish can be used to bring out the grain of the wood. Birch and cherry, of the inexpensive woods, are equally as good, and can be darkened almost as successfully as oak.

It is only occasionally that we find this built-in piece used in the bedroom, but with care it can be made a charming accessory to the room. It can be fitted into the corner by the fireplace, balanced by a bookcase in the opposite alcove, thus making a composite picture, which would be lacking if, instead of the bookcase, there had been furniture setting only. Again, it can follow the line of the mantel,



A SETTLE ON EITHER SIDE WITH SHELL PATTERN CLOSET ON ONE SIDE

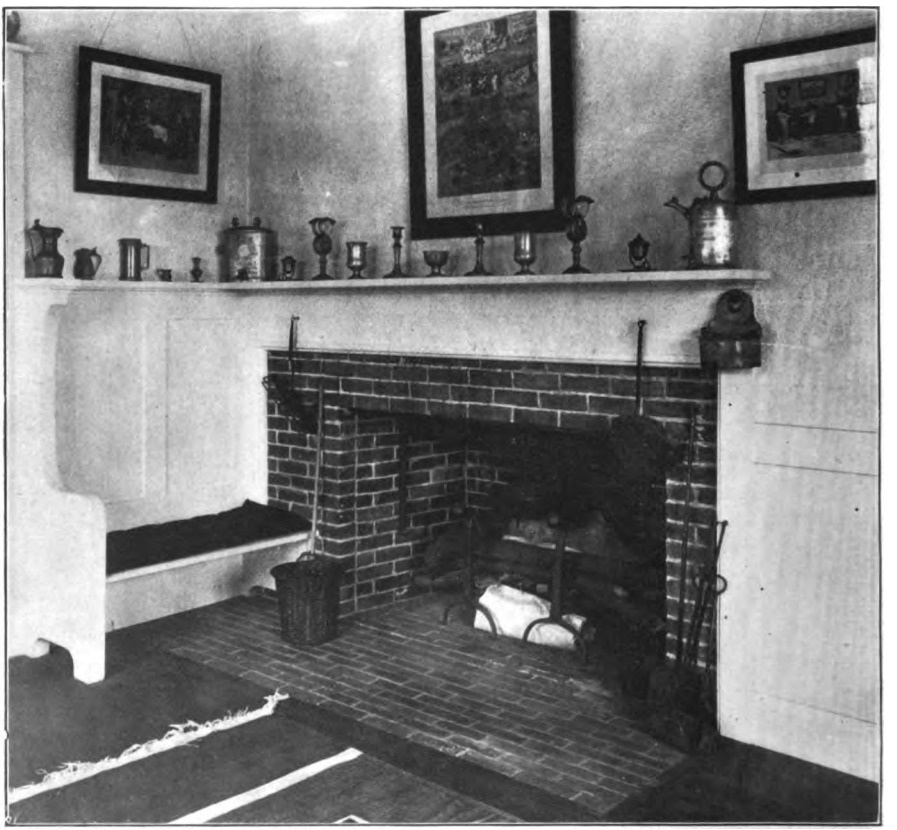
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much as did the settles of long ago, and if rightly cushioned, it is sure to add a touch of individuality to what would otherwise be an ordinary room. Settles are particularly useful in the small house, where closet space is limited, for by having the seat hinged, it can be used as a convenient wood box, or to hold clothing.

Sometimes when the settle effect has been worked out under a window, instead of a box, shelves are introduced, and it is utilized for a book case, but it is necessary to protect it with a curtain, matching the cushioned seat.

If one is handy with tools, the modern settle can easily be fashioned at home, and may be painted or waxed, according to the space it is to occupy. It can be made most artistic by dressing up in bright colors, but the cushions and pillows should be chosen with care, so that they not only match the color tone of the room, but the hangings as well. Figured wall papers demand plain colors for upholstery use, as too much pattern is in bad taste, confusing and tiring to the eye. As a matter of fact, figured fabrics are rarely used for an accessory, except in a room where plain, or one or two toned striped paper is used, and even then it is not easy to select a design that will produce satisfactory results by harmonious contrast with the prevailing color scheme.

There are in the market a variety of materials that are suitable for this purpose: cretonne, chintz, linen taffeta, and for simpler fabrics, denim, burlap, and monk's cloth, are advisable. As these come in nearly every shade, and are fairly sunfast, they are very effective in a bright sunny room. For summer use, many people make slip-covers of linen,



SETTLE WITH ORNAMENTAL SHELF

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binding them with a braid to match the color used in rug, wall paper or hanging. These can be buttoned on so that they are easily taken off and washed. If they be chosen, it is well to have two seats, so that, when they are being laundered, another can easily be slipped on. An Indian blanket, or steamer rug, folded to fit the seat, makes an excellent cushion for a den, and adds a bizarre effect that is quite interesting.

It is the individual touch, the assertion of one's personality that gives a charm to the delightful settle, and we are growing more appreciative of both its practicability and decorative value each year, for it is by the addition of such interesting features to our homes we can make them delightful, homey places, where it is a pleasure to while away many weary hours.

Making Candles in the Home

By Alice Urquhart Fewell

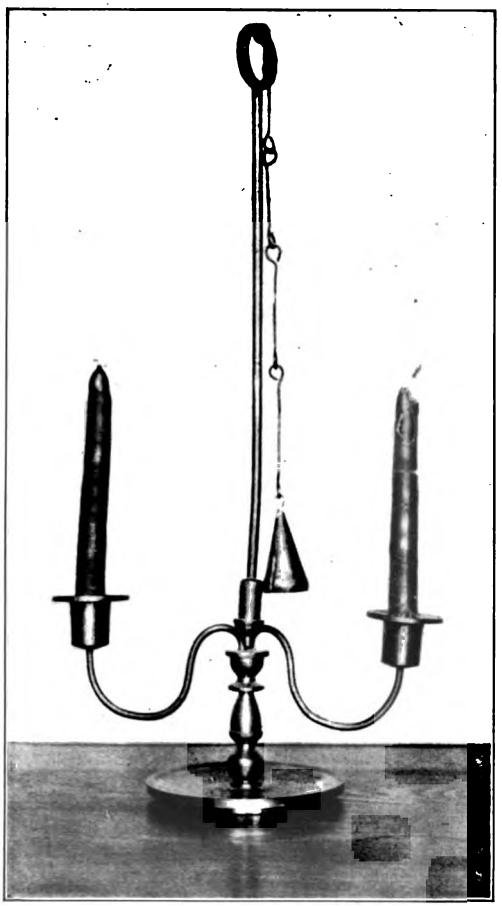
DURING the dark days of the war many of the home arts formerly practiced by our grandmothers were revived to help meet war-time emergencies. The art of knitting, soap-making and candle-making have all come into prominence again. Even though the war is ended, and many knitting needles are laid aside, we must still continue to conserve along certain lines until conditions in the world begin to approach the normal again. There is a world shortage of fats and oils at the present time, and we must all help in their conservation in every way we can. It is the little economies of the individual housewife that will swell the grand total, and help give to the world an equal distribution of fats. No scrap of fat which comes into the home must ever be wasted, for there is an important use for every ounce. That portion which cannot be used for cooking purposes may be made into soap or candles. Many housewives are constantly making their own soap, and the art of candle-making is fully as easy when once the general principles are understood.

Large amounts of fat are wasted annually by the careless use of candles, and by discarding candle-ends too short to burn. Every candle-end, together with the grease which collects on the candlestick, should be carefully saved, and, when a sufficient amount is obtained, made into candles again. The half-burned candles left from the Christmas tree or birthday cake may also be utilized in this way. Besides the making of candles from old candle-ends and drippings, they can also be made from fat left over from cooking. All the fat which comes with the meat, and which is not eaten at the table, must be saved, and this, together with the fat from the top of soup and that left in the pan when meat is cooked, may be clarified and used for various purposes. Families who do not use up much fat in frying have large quantities of surplus fat on hand, which can be made into candles.

Commercially candles are made from wax, paraffin, tallow, palm oil and various other substances. They are either dipped, rolled or moulded in order to form the desired shape and size. Wax candles cannot be moulded, and are usually rolled. The dipping process is perhaps the easiest to follow in the home, although it consumes considerable time, and candles are easily moulded when the proper moulds are purchased.

When a sufficient number of candle-ends have been collected, they may be melted down and made into new candles

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BAYBERRY CANDLES

by the dipping process. Melt the candle-ends, and remove any pieces of wick or foreign substances present. Any scum that rises to the top may be skimmed off. Strain through cheese cloth, and put the melted paraffin into a tall receptical having a small diameter. The cans in which chocolate or baking powder comes are suitable for this purpose. The can should be as deep as the length of the candle desired. The wicks may be purchased, and are cut into lengths ready for dipping. While the dipping process is going on the vessel containing the melted paraffin should stand in a pan of warm water. Dip the wick in the paraffin, remove it and allow it to cool in a perpendicular position. The wick will become stiff in a few minutes, and may be dipped again. Continue the dipping until the candle is of the right size. Each coat of paraffin must be allowed to cool and begin to harden before the candle is dipped again. If the melted paraffin is too hot, the previous coat will be melted when the candle is dipped. The temperature should be just high enough to keep the paraffin in a liquid state. When the candle is finished, it will be larger at one end than the other, since the paraffin runs down to the base as the dipping proceeds. They resemble the bayberry candles, and may be colored by the addition of powdered paint to the paraffin before dipping. Green candles are especially attractive, and the color is an advantage when old candle-ends are melted up, for they are apt to be discolored and dingy looking.

When only a few candles are made at a time, the wick may be held in the hand while dipping, and cut off to the proper length when finished. If one has a large quantity of paraffin, a large vessel can be used, and a number of candles dipped at once by suspending the wicks from a board, the wicks being fastened with small tacks.

Candles are also made from fat saved from cooking. These candles may be either dipped or moulded. The fat must first be tried out by heating in a double boiler, and clarified by boiling in it a few pieces of raw potato. After straining through cheese cloth it is ready for use. The following recipe for candles will give good results.

20 oz. clarified fat (beef and mutton)
½ oz. camphor (may be omitted)
8 oz. beeswax
4 oz. alum

Melt all together, and dip wicks, as described above. These candles can also be moulded. The moulds may be purchased, and come with four or more moulds fitted into a frame. They are open at one end and have a small hole to admit the wick at the other end. The wicks must first be inserted in the moulds,

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pulled tight and fastened. They should be adjusted exactly in the center of the mould. The melted paraffin or tallow is now poured in, until the moulds are full, and the candles allowed to harden. When they are cool they may be removed from the moulds by pulling on the wick. These candles are better if kept for a while before using. They may be bleached by exposure to dew and air.

Wax candles are always rolled as they cannot be moulded. When bees-wax is used, it must be clarified by boiling and straining. It may be bleached with nitric acid, but if the candles are to be colored this is not necessary. The melted wax is poured over the wicks, and the candles shaped with the hands, or the wax when partly hard may be moulded by hand around the wicks. These candles are rolled while still hot between two polished boards, which must be kept wet during the process. When smooth and round the candles may be cut into various lengths ready for use.

Bayberry candles are made from a wax which forms the outside coating on the berries of the bayberry tree. These trees grow in various parts of the United States. The berries are boiled and the wax obtained by skimming. This wax must be boiled, clarified and strained before it can be used for candles. The wax is of a greenish white color, and the candles made from it are attractive when colored green with powdered paint. One bushel of berries will yield between four and five pounds of wax. When making tallow candles allow about two pounds of tallow for each dozen candles.

Candle making is one of the most interesting of the home arts, and a little experimenting along this line is well worth the attention of every housewife.

A Song of Home Things

Sing a song of mighty things,
Fame and battle, gold and kings?
Nay, not I!
Sing a song of humble things,
Simple, happy, home-like things —
Yea, say I!

Knives and forks, platters, spoons,
Fire-woods' crackle, tea-kettle croons,
Patter of little feet busy at play,
Murmur of prayer at close of day.

Sing a song of mighty things?
Nay, I sing the humble things!

Fireside gleaming, lamps aglow,
Some one humming soft and low;
Swinging gate, and steps outside,
Laughter where the children hide.

Some one smiling at the door,
Some one asking, greetings o'er,
For adventures of the day,
Happy lips with answers gay.

Fire-woods' crackle, kettles' croon —
Well, how do you like the tune?
— Arthur W. Peach.

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Partners

By Ladd Plumley

ALLISON'S husband made the rule that cash was to be paid for everything and no accounts run, and Allison, bride of but six months, preferred this plan. But you cannot go without food, and the allowance for provisions was exhausted. Fifty-seven cents was all that remained, and there were four days before the first of the month. In the past, when the household money was gone, she borrowed from her personal allowance, which Roland paid her on the first. But the frightful discovery was made that by a culpable error she was counting on a non-existent ten dollars, which she suddenly recalled she had spent.

Roland's birthday had come in the middle of the month, and a bride does not stint herself in her present to her husband. And there were shoes and a new hat, unexpected purchases at a bargain sale — and tickets for a Red Cross bridge.

There are brides from whom no torture could compel such confidences, and Allison found it impossible to tell her husband of her financial trouble. She dried her eyes, for she had been crying, and attempted to think of a way out. She had never borrowed money, but the need was imperative and for once she determined to borrow. Without doubt Mrs. Hartley, with whom she played bridge, and who lived in the big house across the way, would advance what was necessary. She would ask her, say, for five dollars. But as she remembered that a business chum of Roland's was to come to dinner, perhaps it would be better to ask for ten.

A little later, frightfully embarrassed, Allison waited in Mrs. Hartley's reception room. It was eleven, and it was not the custom in the town to make calls before three in the afternoon.

"What's the matter, dear?" asked Mrs. Hartley, when she had greeted Allison. "I see something is wrong. What can I do for you?"

Allison would have liked to have the great rug at her feet roll up and engulf her, but she managed to stumble out her request.

"My dear girl!" exclaimed Mrs. Hartley, and her voice ended with a laugh. "That's really too funny! Money? Why money is one of the things I hardly ever see. Frank has everything charged. And sometimes he's wild, positively wild! All the big things, like gowns, mean ructions. I hardly have enough for car fare. I ask him, and that is what men are for. You've got to ask 'em every day and on Sunday — for the collection plate. You'll soon learn that. So awfully sorry! But I positively can't, haven't got it. Come over, do, whenever you feel like it, mornings, any time!"

Allison somehow made an exit, and as she crossed the street she decided that not on the same day would she ask any of her other friends for a loan. And, strangely enough, from a cranny in her mind, came the disreputable thought of that "uncle," whom she knew only in books, but she smothered the horrible suggestion. She would ask her marketman to charge for what she needed; there would be no difficulty, most of her friends never paid cash.

"I hardly understand," said Mr. Briggs, when Allison selected the supplies and requested a charge on his books. "You see, Mrs. Abbott, your husband gave me orders that, if your servant should order goods without paying cash, I was to notify him by phone."

"But surely —" began Allison.

"Of course, it's different with you. But —" and the marketman's eyes directed themselves to another customer.

"We have no maid at present," said Allison, "but if that is the understanding with Mr. Abbott, you must cancel the

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order. I'll be around this afternoon with the cash."

"You see we make a distinction between credit and cash customers," said Briggs. "If you talk it over with your husband and decide to open an account, I will be glad to make that arrangement, but —" and his voice trailed into mumbled apologies.

As Allison turned away she could not help a feeling of bitterness. That her husband had forbidden credit without notifying her did not seem fair. And again the frightful thought of pawning something came from the cranny. Somehow she must obtain money, and she had read that all a borrower has to do is to slip within a side door with a trinket and secure a loan. She could redeem the trinket at the next pay-day, and Roland would never know.

There was a pawn shop near the railroad station, and she believed she could enter without being seen. But she must decide what article would be the least likely to be missed by Roland, and the choice fell on a locket which she seldom wore. Placing the locket in her satchel she hastened to the pawnshop, but she did not find it easy to enter, several times passing the door. At length, and glancing up and down the street to make certain no one she knew was in sight, she entered.

When she was within everything was so easy that she wondered why any one should hesitate to obtain money in this manner. The proprietor was courteous, examining the locket and handing her ten dollars, together with a cardboard slip. Cautiously Allison slipped into the street, and a little later paid the marketman cash for the supplies.

The chum was called away on a business trip and did not come, and after dinner Roland remarked, "I'm so glad, dear, that our money matters always run smoothly. A chap in the office tells me he and his wife never squabble about anything but money. I asked him if he gave his wife an allowance. He didn't. That's the trouble. When a man gives his wife an allowance he removes every chance for money squabbles."

"Yet an allowance doesn't always meet emergencies."

"As how?"

"Suppose you have extra expenses, unexpected, and suppose you pay and do not take into account other things?"

"But I keep my outgo below my salary. There has never been a time when I borrowed — for that sort of thing."

"But you're a man. You have something to fall back on."

"What are you driving at, Allison? Haven't we given the household and your own allowance the most careful figuring?"

"I know, but sometimes the plan doesn't seem flexible. Sometimes the expenses are so irregular that you make mistakes."

"That's the difficulty with you college girls," said Roland. "You have studied economics, but what you haven't been taught is to handle the stuff. It's different with men. From our boyhood we've been squeezing dollars to juggle the maximum purchasing power. That's the reason I've gone into this household business in such detail — given you my office knowledge of accounts. We have the budget all laid out. You have your fixed sum at the beginning of the month. When we have the luck again and own a maid, I pay the wages. All you have to do is to see that you do not exceed the allowance. It's fine we manage that way."

"Sometimes I wish we had some other plan," said Allison.

"What other arrangement could we have?"

Allison did not reply, she could not think of any other arrangement. It did seem fair, only, as she said, it lacked flexibility. However, she decided that after she paid the pawnbroker she would manage better. She would try to plan the provision schedule so that she would always have a surplus to carry forward into the next month. The ten dollars

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would be a handicap, for Roland had such skill in figures that there was never much margin. However, she would pay the ten by charging it against her personal allowance.

Later in the evening, Roland suddenly jumped to his feet.

"There, I forgot!" he exclaimed. "Yesterday morning I left my pocketbook. I didn't even have subway fare. I borrowed five plunks from Frank Hartley,—didn't like to ask for less. Told him I'd settle last night, and it clean slipped my mind. Must run right over."

He added, searching his pockets, "By thunder! I forgot to cash a check today! Say, Allison, old girl, have you got five dollars in the household purse? I'll pay it back tomorrow night."

With her attention glued to money matters, Allison recalled that this was not the first time the household purse had tided Roland over until he could remember to cash a check. And pondering on this thought, and its corollary — that the household purse gave a convenient flexibility to Roland's money affairs, — the pawn-ticket, which was in the purse, was forgotten. She found the purse and passed it over.

"Take the five," she said. "But please pay it back tomorrow."

"Sure thing," said Roland, clawing into the purse, and, in pulling out the five, pulled out something else, which fluttered to the rug, turning up its disreputable face.

"What's that?" he asked, picking up the ticket.

Allison was inclined to tell an untruth, then she said, "Oh, Roland, it's a pawn ticket!"

"A pawn ticket?"

"I had to buy extra things this month, and we had a lot of folks to dinner. Then Mr. Briggs told me you didn't want an account, and Mrs. Hartley couldn't let me have any money!"

"Do you mean to tell me you've been in the habit of borrowing?"

"No, Roland. This was the first time! This was your birthday month, and I used up my personal allowance and forgot. We didn't go out to dinner even once. It piled up and piled up. And I just couldn't ask you for money!"

"And my wife actually went into a pawnshop and hocked something!"

What followed was so terrible that Allison will try to forget it. They had never had a serious quarrel, and she did not know that Roland could be so — brutal — for that was the only word that fitted. That she asked Mrs. Hartley for a loan seemed a most disgraceful thing, and in his horror and the horror of a pawnshop, he forgot that he had just taken five dollars to pay a debt to Mrs. Hartley's husband. When the discussion — frightful quarrel in Allison's mind — reached the sobbing stage, Roland yanked on his coat and stormed from the house.

In a half hour Roland was back. As Allison lifted herself from the sofa, where she had been crying, it was evident that in some marvelous way the atmosphere was clearing.

"Allison girl!" exclaimed Roland. "I've been a brute. Of course, it's nasty when your wife asks neighbors for money and hocks things. But as I was coming back from Hartley's it dropped on me like a ton of brick that day before yesterday, if I hadn't raised the fiver, I might have had to hock something myself. And it dropped on me that, if Mrs. Frank had advanced the tener, you wouldn't have made the pawn-shop deal. And I don't know where it came from, but I saw that the arrangement we've had is calculated to lead up to such things as borrowing and hocking."

He continued, "So help me Moses, I'm going to change the scheme. I've glimpsed a great light. A provision budget and a personal allowance doesn't work out right. Take my cigars! You do think I'm extravagant."

Allison did think cigars were costly. "You know, Roland, you paid seven dollars for the last box," she said. "It seems a good deal, doesn't it?"

"I suppose so. But the point is that

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it ought not to be any of your business how much I pay for cigars. If I want to pay seven dollars, it ought to be nobody's business but my own. What I mean is that, if our financial scheme was what it ought to be, I'd have my own allowance — as you have yours — to spend or not to spend. Here's the scheme. And, sure thing, I pay the pawnbroker and yank out your locket. I'll get a pencil and I'll show you. We'll put down all our fixed expenses — rent, gas, fire and other insurance, and the savings."

"But I don't see, Roland?"

"You are to draw on me every week for what you spend for provisions. When you need money, I hand it to you, irrespective of what you generally have. If you're short, I'll have to raise the tin. If there's going to be borrowing and hocking, it's up to me. The total at the end of the month is what we've spent for provisions. All the real household expenses are added, just as general expenses would be entered in a business concern. If I buy anything for the house, that is a household expense, and that's added. To the fixed charges we add all the actual household expenses. The total shows what it costs to run the house, and the total is deducted from my monthly salary. Both of us will shave the household expenses close, that's natural, because it's human nature to shave things close when you get half of what's left over. And, Allison! What is left is separated into two equal portions; you get one half and little Rolly gets the other. Can you beat it? I do with mine as I please, and you do as you please with yours. If I can afford cigars, I buy 'em, if you can afford seven hats a week, I can't say a word. Shake hands, you've been admitted into full partnership in the firm!"

The Art of Keeping Well

By Emma Gary Wallace

THE old saying that "An ounce of prevention is worth a pound of cure," has more truth than poetry in it, and the time will undoubtedly come when it will be a reproach to be sick with any preventable ailment.

At the present time it is a patriotic duty for every one to keep well, for every person who falls ill, not only becomes a non-producer, but in most cases requires the attention of physicians, attendants, and perhaps nurses. In the present national crisis everybody is needed to do his or her part.

There are certain fundamental principles which must be observed, if we are to remain in good health. One is reasonable care as to the purity and freshness of the food we eat. During the summer season germs multiply with great rapidity, and many a case of dysentery, fever, ptomaine poisoning, and other intestinal ailments, are directly traceable to food that has passed its first freshness.

It is unwise to eat fish far inland, unless caught in fresh water streams or unless it has been carefully iced, shipped, and properly stored after being received. It is always a question whether or not to eat foods manifestly out of season, especially if obtained at cheap eating places. A severe attack of ptomaine poisoning was traced to a serving of cold storage roast turkey, which had tempted the diner away from home. Besides, the price was attractive. A case of illness resulted, however, which was far from inexpensive. It is unwise to overeat in warm weather, as the system requires less food when the temperature is high than in cooler weather.

A great many people deliberately court

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illness by drinking insufficient water to flush the system properly and to keep the waste products cleared away. At least two quarts of liquid should be taken each day and the most of this between meals. Many a case of muddy complexion and constipation might be relieved by the simple expedient of drinking plenty of pure, fresh water.

Water, outside as well as inside, is important. Our English cousins take it for granted that every self-respecting person will take a bath immediately upon arising. In our hurried American life this is not always the rule, and many people depend upon a weekly or semi-weekly bath to keep the skin clean. A quick sponge or a morning tub is refreshing and they give an entirely different appearance to the individual. In fact, it is not difficult, even on a street car, to pick out those whose complexion and grooming announce the habit of a daily morning tub. Not only is the purpose of cleanliness served, but resistance against cold and chill is increased.

We all know how poorly the furnace will draw, if the ashes are not kept cleared away and the draught open. The accumulation of clinkers simply means the waste of coal, in that fuel is consumed without adequate heat being sent into the hot air pipes.

Many people suffer from headache, indigestion, "nerves," and rheumatic troubles, because poisons of the system are thrown back into the blood stream, in place of being eliminated from the body. Every person who values his alertness, his enjoyment of life, and his general efficiency, should see that the bowels move fully and freely. Probably the best solution of the problem of constipation is to cultivate the habit of eating laxative foods, such as coarse cereals, fresh and stewed fruits, fresh and cooked vegetables, salads dressed with oil, and a reasonable amount of fats in the way of cream, butter, and milk. If this is not sufficient, examine the daily regime to discover whether or not sufficient exercise is being taken in the open air. It may be that a walk, either the whole or part of the way to business, will prove beneficial, and above all things, don't neglect the water-drinking habit.

In spite of all that has been said about ventilation and fresh air, there is still a great deal to be desired. It is not enough that windows be opened occasionally. Every part of the room must be exposed regularly to the sun and air, and especially sleeping rooms and bedding.

It is always unfortunate when piles of mouldy papers, ashes, or trash are left in the basement to collect dampness, for they contaminate the air of the whole house, giving a musty, close quality to the atmosphere. Keep the cellar clean!

Sleeping rooms should be ventilated so that there is a circulation of air *in every part of the room*. Sometimes a room has a sort of pocket in it where the air settles. If a bed is placed in that location, the sleeper will awaken strangely unrefreshed.

Few people are able to stand irregular hours and keep well. One of the country's most famous lawyers declares that he is only able to attend to the heavy work which he transacts continuously, because he makes it a point of getting as much sleep every night as he has learned by experience that he must have to awaken refreshed and eager for the day's duties.

One of the most important principles in keeping well is to be able to select those tasks, duties, and responsibilities which are justly important enough to be entitled to a share of one's time and energy. Many a woman wears herself to a frazzle rushing off to this meeting and that social affair when she could enjoy and would be benefited by half as many outside interests. No one person can expect to take part in all that is worthy and which requires promotion. Some can best attend to one thing and others to another. Let us choose that where we, personally, would be of the greatest service, and not try to spread our butter so thin that there

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will be no appreciable amount anywhere.

Last, but not least, we must avoid anger, annoyance, and if possible, irritation. One can get into the habit of "flying off the handle" at every little thing, or the same individual can learn self-control just as easily, so that the vital forces are not wasted in useless emotions. It is said that it takes three weeks, at least, for the body to recover entirely from a violent fit of anger. We have all seen people who were ashen grey after giving way to temper, and we know how grief can dull the eye and worry cause the lines of the face and the whole body to sag. Unpleasant emotions generate a poison in the blood inimical to health, and the person who expects to retain his or her faculties, in full measure, until a ripe old age, must not squander them foolishly.

It goes without saying that we must avoid contagion and infection. Handkerchiefs that are used by a person suffering from cold, grippe, or an attack of influenza, should be dropped at once into a disinfecting fluid. It is not fair to send them to the laundry or the family washwoman and so expose others. To cough with uncovered mouth, to move about freely with an infected, sore throat, or to disregard ordinary rules of sanitation, is not doing unto others as we would have them do unto us.

Sickness may be a great chastener of the spirit, and doubtless unavoidable affliction has its place in some lives, but most of us would prefer to receive our discipline, where possible, in such a way we shall not be mentally and physically incapacitated from benefiting by it. And let it be remembered that when we exercise intelligent means of prevention, and do our part to keep ourselves and those about us well, we are receiving valuable training and discipline along constructive lines, and are able to maintain a mental poise and far-sightedness, which will enable us to do our work in the world more acceptably, whatever that work may be.

Original Designs in Cookery

By Mrs. E. B. Gittings

THERE is a certain friend of mine whose invitations to "take pot-luck" with her are always eagerly accepted. Common decency often impels me to restrain too open manifestations of joy at these invitations, lest she suspect that my own cuisine is so deficient as to cause my ready acceptance of her hospitality.

Why do I so especially enjoy her table? Not because she is an unusually expert cook, for I have many friends quite her equal in this line, but the charm lies in the novelty of the viands that furnish her unpretentious meals. There is generally something just a little "different." Her always savory salads have some unusual ingredient. Her sandwiches have a flavor that might be described by Dean Swift's famous line on the onion in salad, "and half suspected, animates the whole." As for her puddings, their name is legion and scarcely two are alike, and her soups would make a chapter of their own. Ask her for a recipe for some particularly toothsome dish and she will probably reply:

"I'm afraid I can't tell you exactly, I just worked over what I happened to have in the house."

Pressed for details, she will sometimes enlighten you as to what she "happened to have in the house." For example, some delicious pastry, cinnamon rolls at luncheon one day elicited the following:

"These rolls? O, they are a modifica-

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tion of those 'mother used to make.' I can remember watching her do them. There would be a little left-over pie crust, —we didn't call it 'pastry' then,—which she would roll thin and cut into little squares, sprinkle liberally with cinnamon and sugar and roll up, carefully pinching together the ends, and bake them a delicate brown. When I came to make them for myself, having lost my 'growing girl appetite,' I suppose, I was a bit critical, and thought them too dry to be real good. Yesterday when making squash pies there was some crust left over, and also a tiny bit of filling. Suddenly I thought, 'Cinnamon rolls with a little of this squash custard on each to keep them moist,' and here you have them. Nothing like 'original designs' in cookery."

So here was the secret. A few fundamental principles, embodying harmonious combinations of foodstuffs and flavors, a good deal of mother wit to discover new possibilities, and not only were the family appetites whetted with that keenest of appetizers, variety, but many a dime was saved by this careful use of "left-overs." Asked about her plum puddings, she answered:

"You know most anything can go into plum pudding. This particular one? Let me see. First a spoonful of cooked breakfast food left this morning, then a piece of corn bread from yesterday's dinner, a little bit of canned raspberries, too small to put on the table again, half a cup of the browned-and-ground bread crumbs, which I always keep on hand, yolk of two eggs, left from cake frosting, a remnant of boiled custard in place of milk; then, of course, raisins, citron, spice and sugar — O yes, and a spoonful of mapleine and some ground chocolate to darken it — I believe that's all. Is it good?"

"Good! It's a delicious revelation of skill and economy."

"There's almost no limit to the things that can go into plum pudding or mince meat, if you just remember the simple formula of 'sugar and spice and everything nice,' and that the pudding must have something for body and for a 'binder.' That is what the breakfast food, bread crumbs and egg furnish. Lacking egg, cornstarch or flour will answer. Speaking of the rolled bread crumbs, they, too, have almost limitless possibilities. For a quick plain pudding try a cup of the crumbs, a cup of milk, raisins, sugar and spice; cook in double boiler and serve with any good sauce or cream. I forgot to say that a teaspoonful of baking powder will keep your pudding from being heavy or 'pasty.'"

As I went home with the subtile flavor of that pudding lingering in my memory, I thought: if more house mothers made this careful study of the everyday meal with the double thought of economy and toothsomeness in mind, what a marked stretching of family income would ensue, and how much less of that expensive and tiresome "tin-can and paper-sack" meal getting would be in vogue. Why not give, at least, as much thought to "original designs" in cookery as in planning our wardrobes or fancy work? With soups, salads, puddings, mincemeat and dressings for roast meat and fowls to be provided — not to mention the time-honored "hash," — it must be a very stubborn left-over, indeed, that could escape to the garbage can or the chicken feed; and as for cats and dogs, under this regime, they become a luxury to be paid for in hard cash.



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The Egg

By Anna Barrows

Instructor in Cookery, Teachers College, Columbia University

THE egg may be a familiar and prosaic subject to some country children, since birds are common and domestic fowls are generally kept on every farm.

It differs from the apple and potato through its association with the creature that produces it and the chick that may come from it, a closer connection with life, notwithstanding its apparent lifelessness.

This lesson is especially suitable for the spring or the Eastertide.

The fragility of the egg is part of its charm. Because eggs break and spoil so frequently, their cost is relatively higher than that of many other foods.

The egg is such a universal product that it is not strange that its shape and size early became a standard for form and measure. The word oval is derived from the Latin name for the egg.

How many words does the dictionary give us from the same source?

Among questions for outside observation, to be reported upon later, are those regarding the color, shape and size of different kinds of eggs.

What is the average length, width, weight and measure of a hen's egg?

What is the relative proportion of shell, white and yolk?

The school readers often afford supplementary reading on foods and cookery. The egg is mentioned several times in the Bible. The roc's egg of marvelous size is told of in Arabian Nights.

The egg-stories in the old fables and of Mother Goose are many.

The story of Columbus and the egg, as told in the Life of Columbus by Washington Irving, is appropriate here.

There are many allusions to eggs in Shakespeare's plays:

"Thy head is as full of quarrels as an egg is full of meat." — *Romeo and Juliet.*

"Like an ill-roasted egg, all on one side." — *As You Like It.*

"They are up already, and call for eggs and butter." — *Henry IV.*

"Go thou; I'll fetch some flax and whites of eggs to apply to his bleeding face." — *Lear.*

These are a few of the proverbs:

"Do not have too many eggs in one basket."

"You cannot teach your grandmother how to suck eggs."

"We prize more the egg refused us than the ox which is given us."

"Many people are like eggs; too full of themselves to hold anything else."

"But yesterday out of the egg; today he despises the shell."

"Today's egg is better than tomorrow's hen."

"Now's the only bird lays eggs of gold." — *J. R. Lowell.*

"Things said for conversation are chalk eggs." — *R. W. Emerson.*

What do we know of the number of eggs used per person, daily or yearly, throughout the country? How many are probably produced in this town? How many in your own home farm? What per cent are sold, what used for the family?

How much can a hen earn in a year? What does her board cost?

Let each pupil bring an egg. If some pupils come a long distance and there is danger of the eggs getting broken, it may be arranged that these be cooked at home before bringing.

The principles of egg-cookery are readily explained by cooking a single egg and observing every stage of the process. Before that is done a good blackboard

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classification may be made of all ways of cooking or using eggs that the class can suggest.

The first use of egg that will occur to the pupils is likely to be as meat or in place of meat. Even without the visible presence of either egg or meat most country children will be familiar enough with both to make some comparison of the amount of non-edible matter or refuse in each. Other points are the relative amount of fuel and labor required to put the eggs or the meat in shape for the table, and the power of each in satisfying hunger.

Other uses of the egg are:

To thicken and hold together differing materials; to make batters and doughs light by holding air.

The miscellaneous uses of the egg may be considered. Even bad ones have possibilities in leather dressing, etc.

How is an egg of service in cases of poisoning?

The whole point of all egg-cookery is well described in Farmers' Bulletin 128, pages 10–11.

Since both parts, yolk and white, cook at a low temperature, better results will be secured in all dishes where the egg is an important ingredient, if too much heat is not applied.

If a cooking thermometer is available, it should be held in a pan of water where an egg is poached and the point noted at which changes begin to take place in the appearance of the egg-white — from the transparent to the opaque.

Sometimes a thermometer may be borrowed temporarily from a near by high school.

But if there is no thermometer, it is possible for every child to see that the egg begins to cook before water begins to boil.

Break an egg carefully, turn it into a glass measure-cup or tumbler.

How many eggs would be needed to fill the cup? How many then in a quart, a gallon?

Notice the position of the yolk floating in the white. Later a study of the composition of the two parts may explain this. Notice the proportion of yolk and the white.

Have a small frying pan half-full of water and as soon as the water begins to bubble, gently turn the egg from the cup into the pan.

Dip water over the top and note the change. At the same time another egg may be cooked in fat, and the results compared as to color, toughness, etc.

When the school has a double boiler, or one dish that can be set over another of boiling water, and a few general utensils, it would not be impossible to make a dessert of which all might have a taste.

Plain cup-custards may be set in a covered pan with a little water in it, and will cook fairly well on top of the schoolroom heater.

Floating Island

Scald one quart of milk over hot water. Reserve the whites of two eggs and beat the yolks with three whole eggs. Pour a little of the warm milk into the beaten egg, blend thoroughly and then pour into the hot milk. Stir constantly and cook about five minutes, or until it thickens slightly and the froth on top disappears. Then take from the fire and add one-half cup sugar, and cool and flavor with a little salt and vanilla. Beat the whites of the eggs very stiff, and beat into them a glass of red jelly, a teaspoonful at one time. When the custard is cold, pile the froth lightly above. Or put a little custard in each child's dish and a tiny island of the pink foam on top.

What can we think of that would taste good to eat with eggs? Why? What would make egg-dishes look attractive on the table? When is the addition of egg as a garnish a good thing? In response to such questions we may expect to hear such suggestions as bacon, cheese, salt-fish, parsley, toast, etc. The pupils mentioning them may be sent to find recipes in the cook books.

Another point to look up would be the various combinations of eggs and toast,

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as the poached or scrambled egg on toast, and the less familiar egg-nests, where the white is beaten stiff and the whole yolk dropped in, a bit of seasoning added and the whole baked slightly.

Then there are several simple combinations of hard-cooked eggs with toasts and sauces, etc.

Seldom will it be feasible to do much with beaten eggs in an ordinary school room, but there might be some experiments to try different beaters, loaned for the purpose. Afterward the eggs could be coddled or scrambled with a seasoning of butter, salt, pepper and chopped cheese or ham, and used the same day or the next for filling sandwiches.

The primitive egg-beater was a bunch of strong twigs, and these are still used in some countries. The wire whisks were a natural evolution from the twigs, and the wheel beaters are a later invention.

A fork of three or four tines may be used to beat eggs, as it may to mash potatoes.

In some cases it may be feasible to assign home work to the older pupils, and let them bring samples to show at school. This should not be done when eggs are high, but might be during the spring or early summer and might include pop-overs, cream puffs, angel and sponge cakes, meringues, or kisses, custards, cooked salad dressings, etc.

The recipes may be copied from the school cook books, if there are none at home.

Omelets or soufflés may be studied, but are rather intricate for such schools, and are not easily made at home to show at school.

Egg-sandwiches may be made for a picnic or for the school luncheon, in several ways. The simplest, perhaps, is to chop hard eggs, fine, and combine with soft butter and seasoning and spread on the bread.

Or the egg may be beaten and cooked like a soft custard over hot water with a very little milk and butter or cream.

Egg Salad from the hard-cooked eggs is another dish not difficult to arrange, if lettuce or peppergrass are in season.

The Apple, the Egg, and the Potato are excellent illustrations of the way Nature has packed food materials in neat attractive packages with an outside cover to protect from outside contamination. Attention should be called to the need of care to protect further in transmitting from producer to consumer — the great loss in eggs especially, which increases cost to consumer, the newer methods of packing apples, and even potatoes, to save unnecessary handling.

While the 100 calorie portion may be too abstract a subject for the grade school, still it is not out of place to allude to the fact that the average apple, potato and a good-sized egg are each about 100 calories.

For such lessons as these, dictionary and encyclopedia should be available, and should be consulted whenever there is uncertainty about spelling, pronunciation, derivation, etc., as well as for items regarding history and commerce. The Farmers' Bulletins and a set of charts for the schoolroom from the United States Department of Agriculture may be secured at small cost. One or two good schoolroom cook books should be at hand for reference. Equipment should be provided from school funds, but if this is not possible, it is not unreasonable for each pupil to contribute a few cents, while the mothers, each, give or loan some special utensil.

Materials might be secured in the same way.

There is plenty of illustrative material available, which costs little, or may be had for the asking, if teachers will keep their eyes open. Yet many do not see what is at hand. Best of all, wake up the children to observe, and to bring to school anything that may be of interest.

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At Market Prices!

By Ruth Fargo

"COME in," called Aunt Anna Atwood, cheerily, to a little rat-tat-tat at the kitchen door. "I knew it was you,—I can tell your knock every time," she continued, smiling a welcome at the little bride from across the street. "But you don't have to knock —"

Aunt Anna was remembering days when neighbors just lifted the latch and walked in, calling a greeting; but the little bride had never been used to that.

"I suppose it's habit," she laughed; "but I couldn't ever get used to not knocking. I'm sure I couldn't," with a little giggle; "you know habits are hard to break. Besides, some day, you mightn't want me — to walk right in."

While the older woman protested that a body couldn't help wanting neighbors like Dorothea Dent, who was the little bride from across the street; Dorothea herself curled comfortably up in a low rocker, curiously eyeing a much yellowed notebook that lay open in Aunt Anna's lap.

"I declare to goodness, that book looks like it came out of the ark," she deprecated, knowing very well that something of interest lay behind it, or Aunt Anna would never have kept it all these years. There seemed always to be something of interest connected with Aunt Anna's things. Perhaps this is why the young wife of Jerry Dent so loved to run in for a chat with her plump, gray-haired neighbor. The "gossip" at Aunt Anna's always left a pleasant taste in one's mouth; and Dorothea seldom failed to glean ideas that helped to make her own housekeeping days more sunny, if that were possible, for she and Jerry were a "happy pair," according to the neighborhood verdict, but even a very happy bride, knowing little about house-and-home, finds much to learn. "Just like it came out of the ark!" emphasized Dorothea positively.

"Don't you make fun of my books, little girl," voiced Aunt Anna, calmly. Then:

"This is my account book, my garden account book. The very first one I ever kept. I made it the summer after I was married, and it is all full of little notes about things that puzzled me then. Sometimes I sort o' like to get it out and look it over, though goodness knows I haven't done it for I don't know when before. I came across it this morning cleaning out the bottom cupboard drawer."

"A garden account book?" puzzled the young wife. "What sort of things did you put in it?"

"I'll tell you," promised Aunt Anna. "Mebby it's something of a story. I dunno. Anyway I'd never 'a' done it if I hadn't been so fond of lettuce. At least, that began it. I always liked to go out and pull my lettuce fresh for dinner; I had always been used to doing it at home because mother always had her kitchen garden. Always; I'd never known anything different. And when a body has always been used to using fresh things from one's own garden, things that have stood around some at a store never seems quite so nice. We were living in town, Jonas and I, that first summer, on a little place with the tiniest of back-yards. It seemed to me when I got my clothes hung up of a washday there wasn't any back yard left. But there was. And I coaxed Jonas to spade it up for me. I always loved to putter around over a lettuce bed, or most anything else that kept me outdoors in the sunshine. My fingers would always itch to dig in the fresh earth come springtime; I naturally wanted to be planting something. so Jonas spaded up my ground.

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"How much do you s'pose you'll save by this?" he teased me after he'd got it all done. Enough to pay for the spade?"

"Enough to pay for a dozen spades," I boasted. But I saw Jonas didn't more'n half believe,—he'd just spaded up the ground to please me. I had to prove to him that I was right. And that's how I happened to keep a garden account book."

"Oh," voiced the little bride, and waited. She didn't yet quite understand.

"Every time I gathered anything out of my garden, from the time the first radish was ready till I had gathered the last tomato, I made a note of it in my book, and after it I set down the price, just what I would have had to pay at the grocery store. Every week I added up the sums and showed them to Jonas. It was more fun to make a total every week than to wait for one big final at the end of the season, though that came too in course of time. I'd had Jonas spade up every inch of ground we had, not a corner went to waste. It was a good year for gardens, and how things did grow!

"I know we used more vegetables than we ever would have done, had I ordered at the corner grocery; they were always so fresh and nice and crisp, and ready at a moment's notice. No waiting for delivery, and nothing wilted ever came into my kitchen.

"Jonas learned to like things he had never cared for before, and I studied up all sorts of ways for cooking vegetables. It was great fun. I think we were better for it. Our meat bill began to shrink, and so did the grocery bill. One reason, we never bought the first green stuff in the market, we waited till ours was ready. And there's nothing like buying out o' season to swell a body's grocery bill."

Aunt Anna paused, reminiscently thoughtful.

"Yes, those green peas I had for supper last night cost twice what they should," murmured the little bride, "and they weren't very good either. Jerry said they were shipped-in peas, and had been picked too long. I gave the last spoonful to the cat."

"Jerry was raised on a farm. He knows what good peas are," advised Aunt Anna, turning over the pages of the little yellowed notebook. Then:

"Here's some of my weekly totals; it didn't take long to convert Jonas, and he has been as eager for a garden as I have been ever since. And he's never said a word about the price of a spade from that day to this! . . . And here's my page of final totals. A body wouldn't think just a little back-yard garden would amount to *that*, now would they? And prices today are a sight higher than they were then."

"My goodness," exclaimed the young wife of Jerry Dent, her eyes growing very wide. And then, "*I'm* going to keep a garden account book. And set everything we use down *at market prices!* Why, what fun it will be! Jerry's put in a garden, but I hadn't thought much about it before,—I didn't dream a garden could cut down grocery bills like that!"

Dorothea had taken the little yellow book and was curiously turning its pages.

"Why, Aunt Anna, you've put down the recipes for cooking things!" she presently exclaimed.

"Yes," admitted the older neighbor, "I copied 'em out'n books, and magazines, and some of 'em I made up. I remember how hard I tried to find different ways of fixing things. There was carrots, I cooked 'em this way'n that way, sort o' experimenting. But we really learned to like carrots that summer, Jonas and me both."

"Most folks don't," mused Dorothea.

"Such a pity, too," said Aunt Anna. "Carrots are good for folks, because they contain so much iron, mebby. They do say nothing is better for the complection," slyly.

Her young neighbor laughed merrily. "Any one would like carrots the way you cooked them last winter, just put 'em in a casserole with your beef pot-roast, didn't you, Aunt Anna?"

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Than in censure's keenest ken.
We believe in self-denial,
And its secret throb of joy;
In the love that lives through trial,
Dying not, though death destroy.

We believe in dreams of duty,
Warning us to self-control,
Foregleams of the glorious beauty,
That shall yet transform the soul;
In the god-like wreck of nature
Sin doth in the sinner leave,
That he may regain the stature
He hath lost — we do believe.

We believe in love renewing
All that sin hath swept away,
Leaven-like its work pursuing
Night by night and day by day;
In the power of its remoulding,
In the grace of its reprieve,
In the glory of beholding
Its perfection — we believe.

We believe in love eternal,
Fixed in God's unchanging will,
That beneath the deep infernal
Hath a depth that's deeper still;
In its patience, its endurance,
To forbear and to retrieve,
In the large and full assurance
Of its triumph — we believe.

— *Selected.*

IMPORTANT

WE invite the attention, especially of teachers, once more to the series of articles by Miss Anna Barrows to appear in successive issues of AMERICAN COOKERY. The first article is presented in the current number. "The Egg" is the subject of this lesson. Other lessons will follow in appropriate sequence. These lessons are adapted primarily to the needs of rural schools. We propose to provide, regularly, other articles of special interest to teachers. In fact, the single aim of AMERICAN COOKERY is to be a special publication, — a practical, reliable authority on foods and culinary matters. Its methods are strictly educational. Vocational Education is receiving wide-spread and conspicuous attention today. Our schools must prepare to meet the conditions of the present time and age.

In our issue of January, 1919, in reference to a new course of "Conservation and Feeding the Family," prepared by the United States Government, we stated that the lessons could be obtained by addressing the State Relations Service of the United States Department of Agriculture. We are now informed through the department that requests for the lessons should be addressed to the Federal Board of Vocational Education, Washington, D. C.

IN THE YEAR 1919

THE likeness of Benjamin Franklin is on the 1919 War Savings Stamps. What other likeness could be so fitting and appropriate? Of his wife, Deborah Franklin said, "Frugality is an enriching virtue. I was once lucky enough to find it in a wife, who, therefore, became a fortune to me." The name and fame of Franklin is secondary, perhaps, to that of no other American. In the service of his country he passed many years in England and France, where he was honored and revered no less than in his own land.

Franklin easily takes rank among the

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wise men of the earth. His was the most practical mind of any land or age. His influence in his own day and generation was marked, and it still endures.

Biography provides the most interesting and profitable kind of reading. Reread the Autobiography of Franklin, one of the world's great books; note the wise sayings and put into daily practice the thrift and frugality so admirably inculcated by the author of Poor Richard's Almanac. This work was continued for about twenty-five years. Of this it is said, "The wise saws, the aphorisms, and encouragement to virtue and prosperity, through the excellent proverbial sentences with which he filled the corners and spaces, became very popular and were spread, at length, over England and France in reprint and translations."

In this year 1919, let us revive the maxims and precepts of Franklin, on whose monument is engraved, "He snatched the lightning from heaven and the scepter from tyrants." Let us cultivate the frugality and thrift so assiduously taught by him, that by so doing, we may help feed the starving multitudes across the seas and lighten the burdens so ruthlessly imposed during the past four years.

"They that can give up essential liberty to obtain a little temporary safety deserve neither liberty nor safety."

"It is hard for an empty bag to stand upright."

"Dost thou love life? Then do not squander time, for that is the stuff life is made of."

THE COST OF LIVING

THAT living, even plain living, costs much more than in previous years, is generally conceded. It is one thing on which people agree, regardless of politics or religion.

So much has been said and written on its probable causes that even these can be passed over, since none, not even special investigating bodies, have been able to find very definite or real cause other than the general and now threadbare one, "the war."

The chief question which concerns all is how is the present and ever menacing cost of living to be reduced. While it does not strike all in just the same way, yet all feel its effects on their living and saving power. While the farmer is not so dependent on the market as the town dweller, yet he must buy the table needs that he cannot raise, and so feels the hardship of the increased cost of the staples and all else he buys.

But how reduce this cost? This part falls heaviest on the housewife. Suppose she has already carefully studied out the problem of income and outgo, has "taken stock" of all eatables in cellar, fruit pantry and elsewhere, and knows just about how long they will last. No amount of skimping will stretch out the sugar, flour, coffee and like things.

This, however, the housewife can do. She can study food-values. If she has never done any of this before, now is the time. If she has done a little of it in her club, or skimmed its surface in a superficial way, now is the time to make a real study of foods, so as to have a practical working knowledge of their relative values.

The army authorities have reduced this question to a science — how make the most efficient men for the cost per man for food. Surely we, bent on peace, want the greatest efficiency for our boys and girls as well. Then how get it through the foods we give them?

The question of food-values is much talked of and written on at present, and it is easy to obtain reliable books on this subject, not only at the book stores but at most, if not all, public libraries.

Food has a twofold purpose, namely, to build tissue, bones, etc., and to warm the body. Proteins (lean meat, nuts, beans, eggs, cheese, etc.) build tissue and also serve as fuel for the body. Carbohydrates (sweets, fats, starches, cereals, etc.) serve chiefly to warm the body. If too much of either of these classes of

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foods be taken into the body, that is, more than is needed for either tissue-building or for warming the body, the excess acts as a clog to the processes of the body, and a loss of energy is the result, if not actual illness.

Besides proteins and carbohydrates the body must have, daily, mineral salts and green vegetables, if it is to be kept at its highest efficiency. One who has given the matter wise attention has said, "To be well, eat each day something bulky, something raw and something hard."

"But," asks one, "is this all reducing the cost of living?" Yes, if we are learning what foods give the best value for the cost, and then make use of these. The knowledge that beans, meat and cheese need not be taken at the same meal, should eliminate one of them. The knowledge that meat, rice *or* potatoes, lettuce *or* green onions and a bit of sweets, pie *or* pudding *or* some pure candy makes a complete meal with bread, of course, and something to drink, ought to help reduce the cost of living, for in these articles both tissue-building and heat are provided for.

Variety can be gotten through various articles at different meals, but not duplicates in purpose at the same meal, as cake and pie at the same dinner, or beans and potatoes. By eliminating the expensive dishes which please the fancy only, without giving any real benefit, the cost of living may be cut decidedly. All this each housekeeper can and must study out for herself, and if she enters into it heartily, it will be a valuable experience, as well as one of saving in dollars and cents. —S. S. M.

LIVING ISSUES

PEOPLE are ever striving to attain such conditions of life that they may live long and prosper. After a terrible conflict, the world is in need today of abiding peace and prosperity. Our own land has been involved in the turmoil; now we must all sacrifice alike in bearing the burdens entailed. We believe in facing our obligations and in paying our debts. We also believe in a League of Nations to maintain peace in the future.

As a simple solution of this problem why may not the present allied nations unite and form such a league? Then let the other nations be admitted when they are good and ready and desire to join. This would be something like the plan of admitting to the Union new states from the former territories of the United States.

Is it not true we get in this world just about what we long for, are willing to work for, and deserve? The world will have a League of Nations to enforce peace, when it really wants such a league. A just peace, a spirit of self-sacrifice for the common good, a League of Nations to secure lasting peace, are some of the things in which every man and woman should take a living interest.

Any slack in the treatment of Germany is unthinkable, unforgivable. There is an inviolable justice which, however much it be tempered with mercy, must at all cost be paid, for that country's sake as much as for any other reason.

We want to continue your subscription to AMERICAN COOKERY; we want to secure new subscriptions like your own. We desire to give you better service in each issue of publication. Above all we need your kindly co-operation.

Opportunity

They do me wrong who say I come no more,
When once I knock and fail to find you in;
For every day I stand outside your door,
And bid you wake and rise to fight and win.

Wail not for precious chances passed away;
Weep not for golden ages on the wane;
Each night I burn the records of the day;
At sunrise every soul is born again.

Laugh like a boy at splendors that have sped,
To vanished joys be blind and deaf and dumb,
My judgments seal the dead past with its dead;
But never bind a moment yet to come.

— *Selected.*

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PETITE MARMITE FOR ONE SERVICE

Seasonable and Tested Recipes

By Janet M. Hill

IN ALL recipes where flour is used, unless otherwise stated, the flour is measured after sifting once. Where flour is measured by cups, the cup is filled with a spoon, and a level cupful is meant. A tablespoonful or teaspoonful of any designated material is a LEVEL spoonful. In flour mixtures where yeast is called for, use bread flour; in all other flour mixtures, use cake or pastry flour.

Petite Marmite

(To serve ten)

HAVE a marrow bone sawed into pieces about two inches in length, one for each person to be served. Wrap the bone in a piece of thin cheese cloth, and set into the soup kettle with four pounds of lean beef from the leg or breast, cut up in small pieces. Pour on three and one-half quarts of cold water and let heat to the boiling point; skim and let simmer very slowly to keep the liquid clear. After four or five hours add the necks, pinions (ends of the wings), and giblets of several fowl, olive shapes, cut from a carrot of good size, as many similar shapes, cut from a turnip, an onion, or the white part of three leeks, cut in thin slices, with the heart of a head of celery, cut in thin slices, and let simmer about one hour. In a separate dish cook one-fourth a head of very white cabbage in broth or water with a little bacon fat. When ready to serve the soup, remove all fat and serve in *petite marmites*, individual, small-eared pots. Serve some of each vegetable in each pot. Serve, also, on separate plates, a bit of the cabbage, a marrow bone and small pieces of hot toast.

Sunday-Morning Codfish Balls

Put hot boiled potatoes through a ricer to make two cups; have ready one cup of salt codfish, picked very fine, covered with cold water, heated very slowly till the water looks milky, then dried in a cloth. Mix the potato, fish, a tablespoonful of butter, one-fourth a teaspoonful of paprika, and a few drops of scraped onion juice. Beat with a slitted wooden spoon until light and fluffy. Shape in balls; roll in a beaten egg, mixed with three or four tablespoonfuls of cold water, then in soft, sifted bread crumbs. Fry one or two minutes in deep fat. Make the day before and leave uncovered till ready to cook.

Salt Codfish-and-Potato Soufflé

Into a cup of hot mashed potato (well pressed down) beat one tablespoonful of

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butter, one-fourth a teaspoonful of black pepper, one-third a cup of cream and one cup of fine-shredded fish (soaked in cold water an hour or longer and drained). When beaten very light, beat in the well-beaten yolk of one egg, then fold in the well-whisked whites of two. Bake in a well-greased dish and serve hot with egg or pickle sauce.

Creamed Shrimps au Gratin

Shrimps may be used, or part shrimps and part fresh fish separated in flakes. Allow three-fourths a cup of cream sauce — two tablespoonfuls, each, of butter or fat and flour, one-fourth a teaspoonful, each, of salt and pepper, one cup of milk to each cup of solid material. Set in a greased baking dish in layers, with buttered cracker crumbs on top. Bake until the contents are hot throughout and the crumbs are browned.

Ham, Modern Style

Cut a slice about two inches thick from the center of a ham. Let stand in cold water about one hour. Drain off the water, sprinkle the ham with half a teaspoonful of mustard, a tablespoonful of sugar and two tablespoonfuls of vinegar. Cover with cold water; let heat very slowly to the boiling point, cover and let simmer until tender. This might be cooked in a fireless cooker.



CREAMED SHRIMPS AU GRATIN

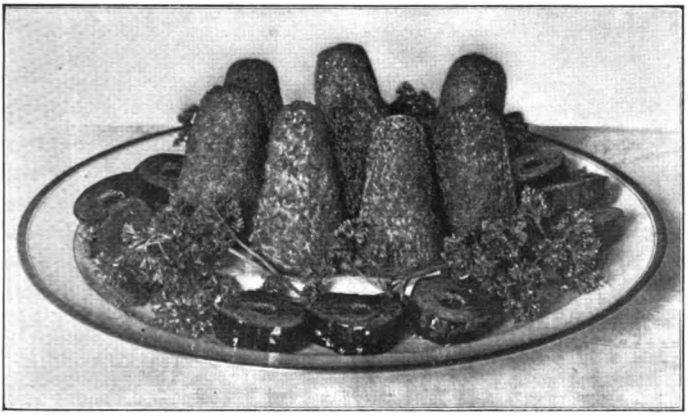
Stewed Ox-tails

Separate an ox-tail at the joints into pieces about two inches long, wash carefully, dry on a cloth and roll in flour. Shred a slice of fat salt pork or two of bacon, try out the fat, remove the shreds to a stewpan or casserole, and in the fat brown the pieces of meat on all sides; put them with the bacon, cover with beef broth or a bouillon capsule dissolved in boiling water, and let simmer an hour. Skim off the fat, add four onions, whole or sliced, and a cup of celery in slices; stir one-fourth a cup of flour with cold water to a smooth consistency, then stir into the hot liquid; stir until boiling, adding more liquid, if needed, to cover the meat and vegetables and let simmer again till the meat is very tender. Add, before serving, one or two tablespoonfuls of tomato or mushroom catsup; serve with horse-radish.

Rice-and-Ham Croquettes

Take equal portions of cold, cooked ham, chopped fine, and cooked rice; for a cup, each, of rice and ham melt one-third a cup of butter or fat; in it cook one-third a cup of flour and one-fourth a teaspoonful, each, of salt and pepper; add one cup and a fourth of milk, and stir until boiling, then stir in the ham and rice. Spread on a plate to cool. Shape into balls or cylinders, roll in soft, sifted, bread crumbs, then in egg, beaten

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RICE-AND-HAM CROQUETTES, GARNISH, SWEET-PICKLED CUCUMBER RINGS AND PARSLEY

and diluted with milk, and again in crumbs. Fry in deep fat; serve with peas or a green salad.

Meat Loaf

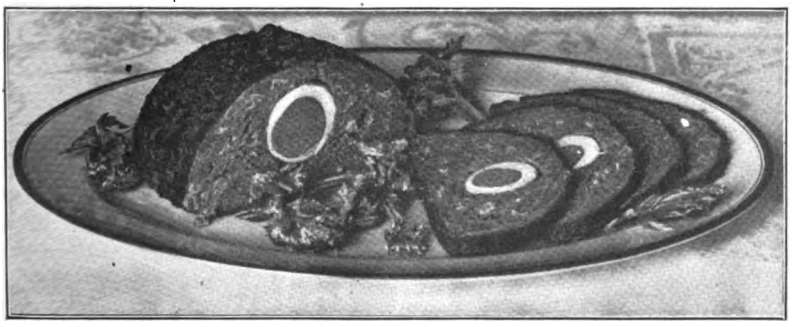
Put through a food chopper one pound of raw veal steak, half a pound raw beef from the top of the round and about one-fourth a pound of cooked ham. Mix thoroughly; add two eggs, beaten light, a scant teaspoonful of salt, a dash of paprika, two tablespoonfuls of butter, or chicken fat, two Uneeda biscuits, rolled fine, and a little onion juice, chopped parsley or Worcestershire sauce; shape into a loaf. Set the loaf in a greased pan; make a depression in the center, lengthwise, and in it set, end for end, one or two hard-cooked eggs removed from the shell. Cover the eggs, smoothly, baste with hot fat and bake about two hours in a moderate oven, basting often meanwhile. Serve hot or cold, with a sauce made in the pan.

Eggs Scrambled with Dried Beef and Tomato

Chop, fine, half a cup of smoked beef. Melt two tablespoonfuls of butter or fat in an omelet-pan; add the chopped meat, three-fourths a cup of canned tomato, a few drops of onion juice, half a teaspoonful of salt, and a few grains of paprika; stir until hot, then add three eggs, beaten until well mixed, and cook until the eggs are creamy throughout. Serve on squares of buttered toast or with baked potatoes.

Eggs Shirred with Tomato

Rub over a baking dish with fat, and turn in canned tomatoes mixed with half a teaspoonful of chili powder to cover the bottom; sprinkle on a few soft, sifted, bread crumbs. Break over the crumbs



MEAT LOAF

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as many eggs as are desired. Season with pepper, salt and, if approved, a few drops of onion juice. Cover the eggs with a light layer of buttered crumbs. Let cook in a moderate oven about ten minutes, or until the egg-white is "set."

Eggs, Grand Duc

Set carefully poached eggs on squares of toast; for four eggs prepare a cup of cream sauce, and into it stir about one-third a cup of grated cheese and one-fourth a teaspoonful of paprika. Pour the sauce over and around the eggs; garnish the dish with cooked asparagus tips.

Potatoes with Mint

(To serve with roast lamb)

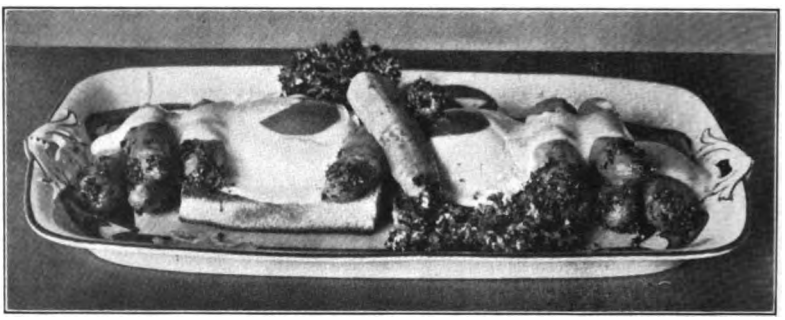
Cook new potatoes in boiling salted water, to which one or two branches of mint has been added until done; drain, sprinkle with salt and shake over the fire; turn into a hot dish and set a mint leaf upon each potato; either leaves from the saucepan or uncooked leaves.

Peas and Carrots

If the carrots were canned in quarters, slice uniformly, otherwise leave as they are; add a can of rinsed peas. Heat to the boiling point and drain; add a teaspoonful of sugar half a teaspoonful (generous) of salt, one-fourth a teaspoonful of black pepper and three tablespoonfuls of butter or fat; shake the saucepan to mix the ingredients and turn into a hot dish. Do not cook the vegetables in the butter; shake on a cool part of the range.

Stuffed Onions

Select medium-sized Spanish onions; cut one-fourth the height from the top of each onion; let cook in boiling water till done. Take out the centers to leave a wall one-fourth an inch thick; chop the onion removed and add an equal quantity of mushroom caps, or pealings and stems, as is convenient, cooked in butter or fat till the moisture is evaporated, and enough soft bread crumbs to hold the mixture together. Season with salt, pepper and add a little fine-chopped parsley. Fill the onions with the preparation and set them in a baking dish suitable for the table; add a little, hot, well-reduced broth (or beef extract in water) and let cook in the oven, basting often with the broth. Onions may be stuffed with cooked-and-sifted spinach, mixed with a few spoonfuls of cream and a few soft, fine bread crumbs, seasoned with salt and pepper. Shape the spinach above the onion, dome-fashion, and baste with melted butter frequently.



EGGS, GRAND DUC

Orange, Cress-and-Nut Salad

Remove the peel from seedless oranges, cut the pulp in slices of uniform thickness and set one slice overlapping another in a wreath on a bed of cress; fill the center with shredded endive, and set half a pecan nut-meat on each slice of orange. Serve with French dressing made with lemon juice in place of vinegar.

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ORANGE, CRESS-AND-NUT SALAD

Vanderbilt Salad

For each service set a slice of pineapple, fresh or canned, on two or three heart-leaves of lettuce; on the pineapple set two sections, each, of grapefruit and orange (free of all membrane), to leave an open space in the center; fill this with match-like pieces of crisp Belgian endive; above set a teaspoonful of whipped cream and sprinkle the cream with chopped nuts. Add a few grains of salt to the cream before whipping.

Jellied Date-and-Banana Salad

Pour boiling water over half a package of dates and stir them with a fork while they heat to the boiling point; lift to an agate plate and dry quickly in the oven. Cut each date from the seed in four lengthwise pieces, and use these when cold to line small jelly molds. If the molds are fluted, a section of date may be pressed into each flute. Melt half a cup of sugar in half a cup of boiling water; add the juice of a lemon and three small bananas, cut in slices; let cook until the bananas are hot throughout; add one tablespoonful of gelatine softened in one-fourth a cup of cold water and when chilled a little use to fill the prepared molds. Serve with lettuce and a dressing made of half a cup of double cream, one-fourth a teaspoonful, each, of salt and ginger and two tablespoonfuls of lemon juice, beaten stiff. If preferred, equal quantities of mayonnaise and whipped cream folded together may be used.

Bran Biscuit

Sift together one cup of wheat flour, half a teaspoonful of salt and three teaspoonfuls of baking powder; mix through this two cups of bran. Cut in two tablespoonfuls of shortening. Beat one egg; add one cup of milk and stir into the dry ingredients with as much more milk as is needed to make a soft dough. Knead slightly, pat and roll into a sheet, and cut into rounds; bake in a quick oven.



VANDERBILT SALAD

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Luncheon Puffs

Split Boston crackers, and let soak half an hour in cold water. Set each half in a buttered pan, inner side up. Set a half teaspoonful of butter or fat on each, and let bake about half an hour in a very hot oven. The crackers should puff and be of a handsome brown color. Serve with marmalade or jelly and cream or with maple syrup and butter.

Cornflake Griddle-cakes

(Ten cakes, four inches in diameter)

Sift together one cup of pastry flour, one-half teaspoonful of soda, two teaspoonfuls of baking powder, and half a teaspoonful of salt; add one cup of cornflakes. Beat one egg very light; add one cup of thick sour milk, half a cup of sweet milk and two tablespoonfuls of melted shortening. Mix and bake on a hot, well-greased griddle. If too thick add a little more sweet milk.

French Apricot Tart

Cut out a round of plain or flaky pastry; pipe a row of chou-paste on the edge. Pipe inch-rounds of chou-paste on a separate dish. When baked dip the rounds of chou-paste into confectioner's sugar and water, stirred to a paste or into caramel, and set them on the chou-paste edging the plain paste. When ready to serve, set the tart crust, so formed, on a plate, fill the center with canned apricots and pour the syrup over the whole.

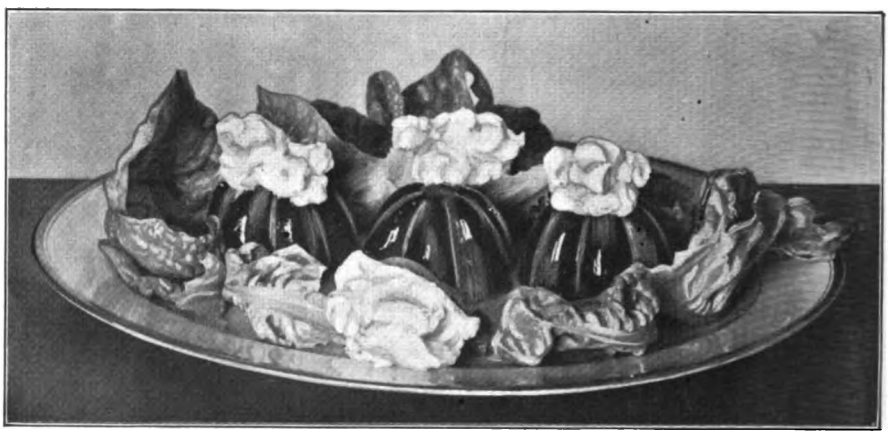
Plain Pastry

1 cup pastry flour
¼ teaspoonful salt
¼ teaspoonful baking powder
¼ cup shortening
Cold water as needed

Sift together the flour, salt and baking powder, cut in the shortening and mix to a paste with the water. Turn on a floured board, roll in flour lightly, knead a little, then pat and roll into a thin sheet.

Flaky Pastry

Roll the paste into a rectangular sheet; dot one-half with small bits of shortening and fold the other half over the shortening; put bits of shortening on one half of this paste and fold the other half over the shortening; pat and roll into a sheet, fold three times, turn the pastry and roll in the opposite direction, then use as desired.

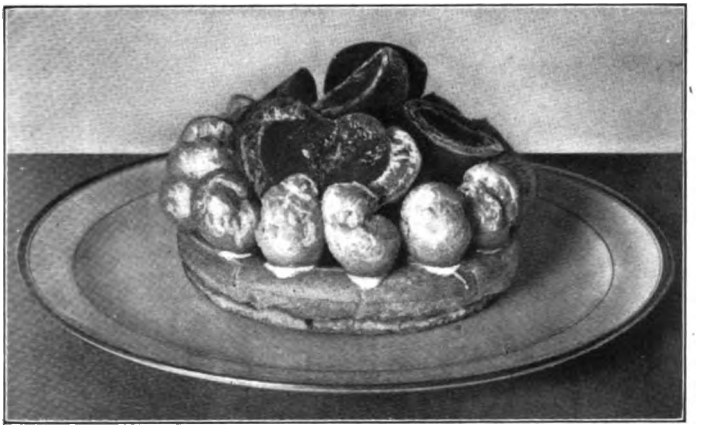


JELLIED DATE-AND-BANANA SALAD

Chou Paste

Put half a cup of shortening and one cup of boiling water over the fire; when the shortening is melted and the water again boiling, sift in one cup of pastry flour; stir and cook until the mixture cleaves from the side of the pan, then turn into an earthen bowl; beat in three

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FRENCH APRICOT TART

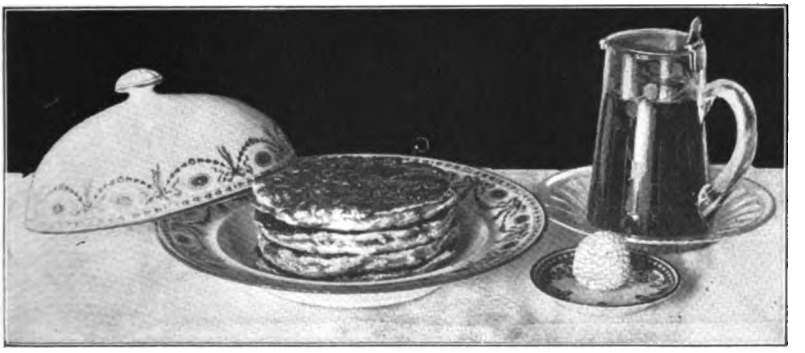
eggs, one after another, beating in each egg thoroughly before the next is added. This mixture, used in the French Apricot Tart, is used also for cream cakes and éclairs, both sweet and savory.

Prune Bavarian Cream

Soften one tablespoonful and one half of granulated gelatine in one-third a cup of cold water and dissolve in one-half cup of hot prune juice; add one-half a cup of sugar and one cup of cooked prunes, cut into small pieces. Stir in ice and water until the mixture begins to jelly, then fold in one cup and a half of cream, beaten very light (but not dry). When the mixture is firm enough to "hold its shape," — continue the folding until this condition is reached — dispose it, by large spoonfuls, in a mold decorated with lengthwise quarters of cooked prunes. Half a pound of prunes are needed for the dish. The mold should hold five cups. The juice and grated rind of half a lemon may be added at pleasure.

Cocoanut Cake

Cream half a cup of shortening. Beat the yolks of three eggs. Beat one cup of sugar gradually into the shortening and half a cup of sugar into the yolks, then beat the two together. Soak half a cup of cocoanut in a cup and one-fourth of milk and add to the egg-mixture, alternately, with three cups of flour, one teaspoonful of salt and four teaspoonfuls of baking powder, sifted together. Beat in the white of one egg, beaten very light. Bake in three layers. Put the layers together and cover the top with boiled frosting, then sprinkle the whole with cocoanut.



CORNFLAKE GRIDDLE-CAKES

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COCOANUT CAKE

Boiled Frosting

Put one cup and three-fourths of granulated sugar, six tablespoonfuls of cold water and the whites of two eggs into a double boiler over actively boiling water. Cook and beat constantly with a Dover egg-beater fourteen minutes.

Rhubarb Fanchonettes

Select young and tender stalks of rhubarb. Peel, if needed, and cut the stalks into quarter-inch slices. Cover these with boiling water. Set over the fire, and heat quickly to the boiling-point. Let cook a moment, then drain, pressing out the liquid. Over a pint of the rhubarb turn a cup of sugar, sifted several times with half a teaspoonful of salt and three level tablespoonfuls of flour. Stir and cook until the mixture boils. Then add a tablespoonful of lemon juice or a grating of orange rind and the beaten yolk of one or two eggs. Mix thoroughly, and set aside to become cold. Line small brownie or other tins with pastry. Fill these with the rhubarb mixture, and set into the oven to bake. Let cool a little, remove from the tins, cover with meringue, and return to the oven to cook the meringue.

Meringue

Beat the whites of two eggs until dry. Gradually beat in four level tablespoonfuls of granulated sugar, and continue the beating until the mixture is very stiff and glossy.



AFTERNOON TEA

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Menus for Week in March

SUNDAY

Breakfast

Grapefruit
Sunday-morning Codfish Balls
Home-made Pickles
Bran Biscuit
Coffee Cocoa

Dinner

Meat Loaf with Whole Eggs,
Brown Sauce
Scalloped Potatoes
New Onions, Boiled
Rhubarb Pie
Cheese

Supper

Toasted Cheese Sandwiches
Apple Sauce
Atlantics
Cocoa

MONDAY

Breakfast

Wheatena, Top Milk
Bacon Grilled Potatoes
Graham Rolls (reheated)
Dried Apricots, Stewed
Coffee Cocoa

Luncheon

Cream of Spinach Soup
Graham Bread Croutons
Cold Sliced Meat Loaf
Potato Salad
Boiled Rice Chocolate Sauce

Dinner

Hot Boiled Ham
Baked Bananas, Currant Jelly Sauce
Mashed Potatoes
Canned Peas
Whole-wheat Rolls Canned Pineapple

TUESDAY

Breakfast

Cream of Wheat, Sliced Bananas
Whole Milk
Beef-and-Potato Hash
Radishes
Dry Toast Griddle-cakes
Coffee Cocoa

Luncheon

Cream Toast with Grated Cheese
Caramel Custard Renversée
Cookies
Tea

Dinner

Mock Bisque Soup
Cold Boiled Ham, Sliced Thin
Creamed Cabbage au Gratin
Potato Balls, French Style
Raspberry or Lemon Sherbet or Jelly

WEDNESDAY

Breakfast

Eggs Scrambled with Dried Beef and Tomato
Fried Hominy
Dry Toast
Coffee Cocoa

Luncheon

Ham-and-Rice Croquettes
Canned Peas
Pop-Overs
Orange Marmalade
Cottage Cheese
Tea

Dinner

Split Pea Soup
Baked Filets of Fresh Fish, Bread Dressing
Spinach Mashed Potatoes
French Apricot Tart

THURSDAY

Breakfast

Quaker Oats with Raisins, Top Milk
Thin Slices Salt Pork, Rolled in Flour, Fried
Creamed Potatoes
Breadcrumb Griddle-cakes
Marmalade
Coffee Cocoa

Luncheon

Mayonnaise of Lettuce and Fresh Fish
Garnish, Pickled Beets
Whole-wheat Baking Powder Biscuit
Hot Cabinet Pudding, Jelly Sauce

Dinner

Roast Loin of Lamb, Mint Sauce
Canned Pineapple Fritters
Franconia Potatoes
Cold Spinach, Molded
Jell-O French Dressing

FRIDAY

Breakfast

Cream of Wheat, Top Milk
Finnan Haddie-and-Potato Hash
Tomato Catsup
Quick Graham Biscuit (reheated)
Doughnuts
Coffee Cocoa

Luncheon

Creamed Shrimps
Cabbage Salad
Graham Bread and Butter
Sliced Oranges with Cocoanut
Sponge Jelly Roll

Dinner

Cream of Lima Bean Soup
Cold Loin of Lamb, Sliced Thin
White Hashed Potatoes
Canned Asparagus with Cress,
French Dressing Floating Island

SATURDAY

Breakfast

Wheatena, Whole Milk
Bacon, Grilled in Oven
Potatoes Cooked in Milk
Dry Toast
Doughnuts
Coffee Cocoa

Luncheon

Lamb Croquettes
Canned Peas
Baking Powder Biscuit
Lettuce, Pimientos, Cottage Cheese Balls,
French Dressing
Toasted Uneeda Biscuit
Cocoa, Whipped Cream

Dinner

Casserole of Round Steak and Vegetables
Rye Bread and Butter
Jellied Date-and-Banana Salad
Half Cups Coffee

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Suggestions for Early Spring Salads

Cress and Orange, French Dressing

Grapefruit and Endive, French Dressing

Chinese Lettuce, French Dressing

Hothouse Cucumbers, French Dressing with Chives

Canned Asparagus, French or Mayonnaise Dressing

Lettuce, Sliced Prunes (slightly cooked), Pecan Nuts, French Dressing

Molded Swiss Chard (canned), Eggs, Sauce Tartare

Fresh Spinach, molded, Sliced Tongue, Sauce Tartare

Lettuce, Macedoine of Vegetables in Tomato Jelly, Mayonnaise

Mayonnaise of Cabbage

Cabbage, Cooked Dressing with Whipped Cream

Canned Asparagus and Shrimps, Mayonnaise

Cabbage, Pimientos, Hard-cooked Eggs, Mayonnaise

Potato, Sardines or Anchovies or Smoked Salmon, Eggs, French Dressing

Potato, Sliced Pecan Nut-meats, Cress, French Dressing

Mayonnaise of Lettuce, Cream Cheese and Pimientos

Lettuce, Cheese, Canned Pears, Tango Dressing

Lettuce, Roquefort Cheese, French Dressing with Mustard

Lettuce, Canned Apricots, Chopped Nuts, Mayonnaise with Whipped Cream

Lettuce, Sliced Bananas and Pecan Nuts, French Dressing

Endive or Lettuce, Pineapple, Nuts, Mayonnaise with Whipped Cream

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The Problem of Meat Buying

By Blanche Theodore

NOW that the war is over and there is no need to save meat to be patriotic, there is still need to save meat — or the price of meat — to be economical. For meats are of tremendous prices these days! And there is not much chance, they say, for them to be much cheaper while we still have to feed Europe. So the housewife, who is forced by circumstances to be economical, finds almost the same conditions facing her today as she has in the last two years.

But one thing has been proven in a good many households, and to a good many people; and this is that meat, in the quantities in which it used to be used, is no longer necessary or desirable. Dietetics, or household magazines, or pure necessity has proven that meat is attractive largely as a matter of flavor. Its nutritive value has been successfully challenged by beans, peas, eggs, cheese and what not, until veritably the only "leg" it has to stand on is its flavor! For the flavor of meat cannot be had in any other way except through the meat itself, or through meat sauces which can be used as often as one wishes. And as to the necessity, or the desirability, of the plenteous meat dietary, with a great many people, that idea has gone completely into the discard. Families who invariably, before the war, used meat three times a day and had to have it, now tell me they only use it once a day, except maybe on Sundays or holidays, and that "they would not go back for anything to the old regime."

But to come back to the point: economy in buying.

Few housewives consider timeliness. There are days when prices for certain cuts are below the normal. This was brought very strongly to me a few days ago, as I noticed that the same piece of lamb that I was buying was costing less on Thursday than it had on Tuesday. I asked the butcher if it was not so good, or, if it was, why was it cheaper?

"I get more of that cut in today," he said shortly. "I have to get rid of this. If I don't, it may spoil on me, and a cheaper price is much better than no price at all."

That set me to thinking. I asked him if that was true of other meats. The contempt with which he looked at me was sufficient answer. Since then I have told many of my friends. They are delighted with the "tip."

Another rule of economical buying is not to buy more than your family actually needs. Care in this respect will not make you so anxious to use the meat up in stews or croquettes, or something which husband, in these "no war" days, will turn up his nose at. Also learn to know the various cuts of meat, just what they can be used for, and how you can get the maximum amount of value from them. Care in this respect will do marvelous things. For instance, the round and the rump steaks which come from the back part of the animal, back of the hip bone, are not as tender as the porterhouse or the sirloin, which are so near them in reality,

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and so far from them in price and tenderness, yet properly cooked they are just as nutritious. The same is true of the thick flank, the brisket, the thin muscular shank, all of which are in the region of the animal's "belly." Also it is true of the chuck and the middle rib, which are toward the shoulder. Knowledge of how all these different parts can be utilized to the best advantage will help you in economical buying, as it will in preparing the meat after it is bought. The woman who can talk intelligently to the butcher is less apt to be imposed upon than the woman who asks for one kind of neat, and then does not know that the butcher blithely gives her another.

In order to get good value, which is always fair weight, do not talk or have your attention somewhere else when your meat is being weighed. An ounce or a fraction of an ounce less weight in a few pieces of meat means a good deal in the long run, if such things occur often. If you do not watch the butcher carefully, have scales of your own, and promptly send back that meat which is underweight.

Be careful when you are buying meat and fish to be sure that it is perfectly fresh. Flesh that is firm and compact is fresh and fit to buy, but that which is loose and flabby should be shunned. As to fish, if the gills are red and the fins stiff, you will know that in all probability it does not contain "ptomaines." If possible, says the housewife who has to do on little, buy meat trimmings. As a rule they cost only twenty cents a pound, and they can be used in many ways.

Another way to aid in economical buying is to buy a definite quantity of meat, say a pound or two pounds, or whatever you want. Do not go in carelessly and buy ten or fifteen cents worth. Ask the price and then buy just as much as you want, but state the amount definitely.

A practical economy that most housewives know nothing about is that of buying the ends of bacon strips. With bacon the price it is, such economy is worth considering. The ends are just as nutritious as the middle of the bacon, and the cost is just fifty per cent less. And if a purchaser can save half on an article, it is surely worth it. Another thing, I have seen housewives, time and time again, go away from the butcher's and leave the trimmings of the chicken, the feet, fat and giblets with the butcher. Utilized, they make the most delicious chicken soup; the feet containing gelatine, which gives consistency to the soup.

And last, but not least, if you truly want to cut down expenses, experiment before you go into the butcher shop with some of the meat-substitutes. Dried peas, beans, lentils contain all the nutriment of meat and they are much cheaper. Cheese also can be used in the place of meat, as analysis has shown that it contains, pound for pound, more protein and fat than any cut of beef, and that it contains, as beef does not, a certain percentage of carbohydrate. And cheese can be made the staple dish of any meal. You do not believe it? Then look in any modern cook cook for such things as Cheese Fondue, Corn-and-Cheese Soufflé, Boston Roast, Nut-and-Cheese Roast and the like. And try them. I'll guarantee you'll soon be like the family I spoke of who "would not go back to their pre-war habits for anything in the world."

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Something for Supper

By Ida R. Fargo

WITHOUT a maid, minus a cook, and in the middle of a stress season, be it house-cleaning, canning, or spring sewing, many a House-Mother-General-Manager has longed for a knowledge of Easy Cookery, something to get for supper (or luncheon), something hot, nourishing and appetizing, and most imperative, some non-absorber of Time. Perhaps — yes, perhaps, she has stamped her foot and wished for a Fairy God-mother to appear at the opportune moment with fragrant concoctions brewing in big blue bowls! For Time is the premium, and to waste precious moments preparing a regulation meal is quite out of the question! But the Fairy God-mother fails to appear, and the reluctant family eat a cold lunch off the kitchen table. No wonder they anathematize house-cleaning, et cetera! And yet, Easy Cookery is within the reach of every busy House-mother, because the price demanded is but a modicum of prudent forethought. For those who may wish an introductory list of emergency meals, the following has been prepared:

Potato Purée

Four large potatoes; peel and let cook while preparing breakfast. See that they are well covered with water. When half done drain off this first water, it is strong and indigestible, and cover with fresh, cold water. Return the potatoes to the stove and let cook while eating breakfast, and longer if need be. There must be no hard centers. Mash well, adding salt to taste, and a tablespoonful of finely-cut parsley. Pour in a cup of boiling water and stir thoroughly. Stand aside till needed. Five minutes before supper stand the potato purée over the gas (or it may have been heated on the flat top of the sitting room stove), add a walnut of butter and two cups of rich milk. Bring to a boil and serve at once. (*Stir often;* do not allow to burn.)

With the potato purée (add more milk and you will have a nice potato porridge), serve plain bread and butter, and slim slices of good cheese.

A plate of oranges makes supper complete. This is a very simple meal, but one that will be appreciated, and a most easy one to prepare. But do not forget the parsley. Potato purée without parsley is like bread without salt.

French Toast

Beat together one egg, one cup of milk, seasoning of salt. Have a tablespoonful of drippings hot in the bottom of a wide frying pan. Dip dry bread in the beaten egg-mixture, transfer at once to the frying pan, fry till brown, turn and brown again; serve at once.

Set on the table a glass of jelly, the syrup pitcher, and a bowl of canned fruit. Each member of the family is sure to be satisfied; there will be something to suit his taste.

Meat Pie

While breakfast is cooking put into a basin a layer of cold, boiled potatoes, a layer of some cold, cooked vegetable (carrots are especially nice), a small onion, sliced thin, and a seasoning of salt and pepper. Cover with meat stock, gravy thinned with hot water may be substituted, or a small can of tomato soup, thinned with boiling water, may be used; add a teacup of any kind of cold meat, cut into bits. Just before supper time set this basin of prepared ingredients over the old stove (gas, or flat-topped sitting-room stove), and bring to a boil. Thicken with a level tablespoonful of flour, stirred up in a little cold water. Have ready a crust made as follows:

One scant cup flour, one-half teaspoon-

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ful salt, one teaspoonful baking powder; stir stiff with milk (very stiff), but do not roll out. Drop, by the tablespoonful, over the basin of hot material. Set at once in the oil stove oven to bake, about fifteen or twenty minutes, just till the crust is brown. (If one does not have gas, an oil stove is a great help, no need to waste time and fuel over a kitchen range when emergency meals are prepared.) . . . If one has a kitchen alarm clock, set it to strike in fifteen minutes, go on with other work; when the alarm sounds a warning, look at the meat-pie. It is very likely done; serve at once. Celery goes nicely with this, as do also tiny pickles.

Dumplings

Early in the morning put about fifteen cents worth of "stew" meat, beef, the cheaper cuts, cut into two-inch strips, into a large kettle. Cover with hot water, bring to a boil, skim, and then simmer for several hours. This will cook deliciously tender with no thought at all; be sure the fire is low and that the meat is well covered with water, then attend to the other work.

An hour before supper reheat the stew meat, if the fire has been turned out, or the kettle set to one side; season well, add a bit of parsley, two small onions, and a quart of small potatoes, peeled and rolled in flour. Bring to a boil. Meantime make dumplings as follows:

One cup flour, one-half teaspoonful salt, one teaspoonful of baking powder (no shortening), stir very stiff with rich milk. If the dumplings are stiff, they will not fall; if they are thin enough to run when dropped upon the meat, they will. Drop by spoonfuls over the meat-potato stew. Do not crowd,—dumplings must have ample room to expand. Cover and cook for fifteen minutes *without removing the cover.*

Dish on a hot platter and serve at once. This makes a very complete meal for a hungry family. It takes but a short time when meat and vegetables are prepared while breakfast is cooking. It is an advantage when the simmering can be done on a flat-topped, sitting-room stove, but it is not difficult to manage in the kitchen.

Serve as a dessert a big glass bowl of canned peaches with cookies.

"Apple John"

Slice into a deep, buttered pie-tin, four tart apples. Sprinkle with sugar and cinnamon, dot with butter. Pour over them a dumpling crust, except that two tablespoonfuls of melted butter is added to the rule for making dumplings. Chop the butter with a spoon into the dumpling dough the last thing.

Slide the Apple John into a quick oven, and bake till well browned. Serve with cream and sugar, or any preferred pudding sauce. Do not have this dish too rich, as it forms the meal, and is really but a variation of "hot biscuits and apple sauce."

Kippered Salmon with Potatoes

Make a thin cream sauce; shred a three-inch square of kippered salmon into fine flakes, add to the cream sauce, also add a quart of cold, boiled potatoes, cut in thick slices. Prepare in the morning, put in a deep baking dish, an earthenware casserole is nice, and set aside.

Half an hour before supper slide the bowl of prepared salmon into a quick oven. Bake till browned. Decorate with parsley. Serve with toast or plain bread and butter.

Have a plate of fresh fruit ready for dessert.

(Instead of the kippered salmon, canned or smoked salmon may be used; or baked white fish, nicely shredded and separated from skin and bone, may be substituted.)

Chowder of Parsnips

This is grandmother's dish. It requires long simmering, but otherwise very little attention. It should be served with hot toast.

One quart of parsnips, cut in slices;

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one quart of potatoes, halved and each half quartered, four onions, quartered. Cover with water, season to taste. Cut a four-inch cube of salt pork into small bits, add to the chowder, bring to a boil and boil ten minutes, then simmer *without stirring* till well done.

Cheese Timbales

Use earthenware individual timbale molds. Slice a small square of cheese into the bottom of each mold. Beat together one egg, one cup milk, and a seasoning of salt. Pour egg-milk mixture over cheese (the quantity given is for two timbales), set the molds in a basin of boiling water, cook (covered) till the egg begins to set, draw to the back of the stove to finish cooking; serve with hot toast.

Canned strawberries and small cakes make a nice finish for this emergency meal.

Old-Fashioned Bean Porridge

Two cups of beans, soaked over night. In the morning bring to a boil, stir in a bit of soda as big as a pea, drain and cover with fresh water. Boil slowly till nearly done; add salt to season, a walnut of butter, and allow to simmer till the water is nearly cooked away, then mash with a potato masher and add a quart of rich milk. Stir well, bring to a boil and serve with a big bowl of crackers.

Nuts and raisins to "top off" with are usually quite acceptable to the family, and they are quite as contented as though a regulation meal had been served.

Macaroni en Casserole

Put a layer of boiled-and-blanched macaroni in the bottom of a casserole, then a layer of cream sauce, then a layer of grated cheese, another layer of macaroni, and so on till the casserole is two-thirds full. The cream sauce should be well salted. Over the top pour one-fourth cup of milk and one tablespoonful of melted butter. Set the casserole away till shortly before supper. Then slip into a hot oven and bake till browned.

Serve with generous slices of brown bread and butter.

Breaded Tomatoes

One can of tomatoes, one cup boiling water, one teaspoonful salt, sprinkle of pepper, scant sprinkle of sugar, soda the size of a pea; bring to a boil and put through a purée sieve. Reheat at supper time, and add crumbed dry bread till the tomatoes are thick enough to stand alone. Dish into a big bowl and serve with a generous amount of rye bread and the best of butter. Or peanut sandwiches go nicely with this dish.

For dessert, bananas are quite satisfactory.

Stress seasons do not fall under the family anathema when simple hot meals of this kind are served. In fact, a change from the regular order of diet is greeted with acclaim; for, indeed, is not variety the spice of life?

The Friendly Fire

When the north wind taps at my casement,
  And the fields are bare and brown,
When out from the sullen leaden sky,
  Stray snowflakes flutter down,
What care I then for the shadows,
  That the roads are deep in mire!
I've a comrade true in my home tonight,
  'Tis the light of my open fire.

It flickers bright on the andirons,
  The coals gleam red and warm,
Safe housed am I from the wintry world,
  The blast and the giant storm.
Though long was the day, and lonely,
  Forgotten its toil and tire,
There's joy and cheer in my ingle nook,
  In the light of my friendly fire.

— *Alix Thorn*

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First Aids for Good House Cleaning

By Jeannette Young Norton

THE subject of proper cleaning agents and implements is one of deep interest to particular housewives, and any new sidelights upon the house cleaning problem, which suggest labor saving, without loss of efficiency, are gladly welcomed. Modern methods have robbed house cleaning of its old terrors, for women are seeing the wisdom of ridding the house of useless things.

Discarded clothing is now donated to charitable institutions, old finery sold to second-hand clothing dealers, toys and games go to poor settlements, and the old linen and cotton to committees making bandages for the soldiers. Disabled furniture and other household stuff, that was formerly consigned to the attic, now goes into the general discard and disappears during "clean-up week." This leaves the field clear for the vacuum-cleaning squad, who do a whirlwind campaign in a few hours, leaving the place ready for the finishing touches by hand, and the trick is done.

One secret aid in this modern way of doing things is the general use of rugs, rather than yards of heavy carpet. Dustless dusters and mops, that polish as they go, are appreciable labor savers. The day of the festive feather duster has passed; housewives now use a very fine, soft, feather duster only for paintings and bric-a-brac; but for all other purposes there are odd-shaped brushes, broom and cloths, with which every housewife should be acquainted.

The long-handled lamb's wool brush is, though expensive, an excellent wall brush. If one does not feel justified in investing in as costly a convenience, then the soft bristle brushes, with telescope handles, will do nicely; they may be used three, six, or nine feet long. Both these brushes may be kept fine and fit by washing in lukewarm water soap-suds, to which a little ammonia has been added. A good substitute for these brushes may be had by the use of a soft flannel bag, slipped over the corn broom, which converts the broom into a very satisfactory wall brush.

The long-handled dust pan, and the long-handled scrubbing brush, are among the practical labor-saving offerings. The scrub brush has long been popular with foreign housewives. The brush may be readily removed from the handle and a cloth attached in its place, mop-fashion, for drying, thus avoiding all back-bending, a boon for cleaning large kitchens, laundries and halls.

One of the newest floor mops also serves a dual purpose; that of holding a long or short twine mop, or one of cotton flannel strips to wipe up a floor, or a three-cornered scrub brush, which fits into the mechanism firmly. The old scrubbing brush has been supplanted by the fibre brushes of different widths and grades. These are more satisfactory than the bristle brushes, as the fibre does not bend or soften with use.

An excellent furniture brush has pointed bristles at one end and square ones at the other, with a plain space for the hand in the center; it is good for all kinds of upholstered pieces; the pointed end frees the buttons and tufting from dust, while the square end is used for surface work. The bristles are not so stiff as to injure fine materials.

A good brush for the carpeted stair is that having a flat handle with a half-moon shaped space through which to insert the fingers; the bristles are of Tampico, or soft broom corn, and are four inches deep at either end and about two inches deep under the half-moon center.

Among bathroom brushes there is the long-handled brush for scrubbing under the bath tub, the brushes for cleaning

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around the bowl and bath tub, and brushes for the toilet, if the housewife still uses them, for in many places they have been supplanted by the nickled toilet tongs, used with the specially prepared paper for cleansing, which are considered such a modern sanitary invention that they are on exhibition in the American Museum of Safety.

There are a number of different styles in floor brushes, depending upon the kind of floor they are to be used upon. For highly polished floors the long-handled soft hair brush is first used to gather the dust, then the wax is put on with a wax mop, or the wax mop cover is slipped over the broom. Then the weighted polishing brush is used evenly across the grain of the wood to give the floor a high-polished surface. Floors not having a high polish are treated in this manner. After they have been brushed with a soft bristle brush, they are wiped with a short twine mop, moistened with crude oil, or any of the many good floor oils, or simply with plain milk. Many people use in the place of a bristle brush a broom covered with a cotton flannel bag, but it is not as sanitary or effective as the brush.

Brushes to clean the steam heaters are flat and of different required shapes; different shaped painter's brushes are used to clean window trim and sills. And the newest hearth brush telescopes into a protection case when not in use.

Where a mop is used with a pail there is a clever little wringer which fastens securely to the side of the pail, is non-rustable and perforated on two sides; the mop is placed inside and a downward pressure on the handle does the wringing.

The necessity of covering dressers, sideboards, bric-a-brac, beds, and so on, on cleaning days, has always sent the maid scurrying about for old aprons, sheets, towels, or anything she could lay her hands on to use for the purpose. But a far better way is to make covers for this purpose out of gray paper cambric, small and large sizes for different uses. They may be folded into a bag and hung in the broom closet when not in use.

Picture glasses and small window panes are easily cleaned with tissue paper slightly moistened with grain alcohol, but it must be done with great care, for a drop spilled upon the woodwork will turn it white, or, if spilled upon a gilt frame, it will take the gilt off.

Mica lamp shades, or picture frame covers, can be cleaned with a soft cloth wet in equal parts of water and cider vinegar. In cleaning tarnished brasses, use equal parts of vinegar and salt; smear the brass well with the mixture and let it dry on; when thoroughly dry wash it off with soft soapy water and polish dry with a cotton flannel cloth.

Chamois-covered beaters will be found excellent for cleaning upholstered furniture, pillows and mattresses; they are more effective than those of rattan, and do not injure the material. Where porches and outdoor walks are to be swept the new brooms, reinforced with rattan and wired in place, are much more effective and durable than the plain corn brooms. The extra strengthening adds but little to the cost and weight of the broom.

Marble statuary and ornaments require a special sort of cleaning. A new cloth or sponge must be invariably used; one that has never come in contact with soap, which is very injurious to marble. A soft brush or sponge, with cold water, will keep the statue clean under ordinary circumstances, but, if the marbles are allowed to gather dust, they must be cleaned by one of the fluids designed for the purpose. The fluid is used in conjunction with a special powder, the two being mixed to a thick cream, and the statue being coated with it by means of a soft camel's-hair brush; it is then left to dry for an hour or so, when it may be cleaned off with a clean sponge and cold water, and dried with a soft cloth.

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Contributions to this department will be gladly received. Accepted items will be paid for at reasonable rates.

Hints for Housewives

I HAVE made it a point to have some little extra dainty of which my family are particularly fond, on the two nights (Thursday and Sunday) when our maid is out, and it is up to me to get supper or dinner, as the case may be.

Sometimes it is baking powder biscuits and honey, of which the man of the house never tires.

Then again I have a coffee cake, which my family always enjoys.

Perhaps it is an appetizing stew, which is made of all sorts of odds and ends (scraps of cold meat-stock, a few tomatoes, red or green pepper, etc.), or some warm gingerbread.

Whatever it is, I take great pains to have it extra good, which pleases the family.

C. M. A.

* * *

A Different Puff-Paste

FOR pies with fillings, that need no cooking, such as canned fruit pies, or for paté shells and small cakes, the following recipe will be found very helpful.

Mix together thoroughly (kneading with hands) half a pound of each of the following: flour, butter, cottage cheese. Place on ice for a few hours or over night. If cold enough the mixture will roll out on unfloured board. Baking pans do not have to be greased. For pies and shells use same as any other paste. For small delicious cakes, cut rolled-out paste into two-inch squares. Fill each with a piece of preserved fruit and chopped nuts. Fold over into a triangle, pasting edges very firmly, turning edges up slightly, so as to prevent the fruit juice from escaping. Bake in a moderate oven until light brown. Careful watching is necessary, as it takes only a few minutes for them to bake.

Oeuf Poche a la Camouflage

A VARIATION on the "Canned Peach Dessert Suprême" is the following:

For each portion, set a slice of stale sponge cake on a dish. Pipe a solid circle of whipped cream on cake, almost covering it. Set half a canned peach, hollow side down, in the centre of the cream. Garnish dish with bit of water-cress, or any delicate green. The whole should suggest "poached egg on toast." Serve with syrup.

Roumanian Dishes

To serve a small family, mash three good-sized boiled potatoes. Add two well beaten eggs, pepper, salt, and enough flour (about three tablespoonfuls) so that, when kneaded, mixture will not stick to hands. Knead well, then form into cakes (like Hamburger steaks or fish cakes). Then cut into thin slices, two onions and fry in chicken fat. When almost brown, add chicken liver, cut into very small pieces, and fry with onions. Fry to a golden brown. Divide this mixture into as many parts as there are cakes. Remove some of the potato mixture from the top centre of each cake, put the onion and chicken liver into the cavity and cover with potato mixture. Pat into shape and place not too close together in pan, which has been generously greased

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with chicken fat. Brown on both sides in moderate oven. Serve hot with poultry in place of dressing and potatoes.

E. L.

* * *

Raspberry-and-Pie Plant Jam

A DELICIOUS and inexpensive jam, which I made for the first time this season, is worth passing on for the benefit of other housekeepers.

Boil two quarts of red raspberries, and four quarts of young pie plant, and as much sugar as you have fruit.

Boil until thick enough to bottle (usually about an hour).

The pie plant merely gives body, and is not perceptible to the taste. Experts have taken the jam to be entirely of red raspberries and pronounced it delicious.

This can be made in mid-winter by using canned berries and pie plant.

C. M. A.

* * *

Real Lenten Pancakes

AN English lady, very well informed, assured me that the real Lenten Pancakes that are eaten on Shrove Tuesday, or pancake Tuesday, as it is often called, that is the Tuesday immediately preceding Ash Wednesday, are not prepared at all as the ordinary pancake is made and baked.

To make them stir up a rather thin batter of about the same consistency as waffle batter and cook it in an ordinary iron frying pan that has been well greased with butter.

Procure a very small funnel, such as may be had for about five cents at any tinware counter; have your tinsmith put a handle at the top about six inches long. Have the batter near the frying pan and enough batter in the funnel to fill it nearly; keeping your finger at the bottom of the funnel; hold the funnel directly over the center of the hot frying pan; remove your finger from the bottom and let the batter run out, but in circles from the centre, each circle becoming larger; if possible keep the circles from touching. As soon as the funnel is empty turn the pancake till the other side is brown, remove to a hot plate and sprinkle with sugar. Serve at once. You may make three or four small cakes, or, by filling the funnel again, make one large cake to cover the whole frying pan. They are very delicious and a decided novelty.

B. C. B.

* * *

Metal Finger Bowls

METAL finger bowls, instead of fragile glass ones, are much in vogue in fashionable cafés. They light up the table with a golden glow or a pale silver effect. The care of them, although they need polishing often, is less than the same amount of fine glass, either etched or cut glass.

The small East Indian brass bowls, done in Benares repoussé work with figures of animals and scrolls, are chosen. In private houses this style is also to be seen. A brilliant row of brass bowls set upon the plate rail gives a graceful and decorative effect. In studios and dens they are most fitting, and serve a double purpose, being used for nuts, for flowers, or anything desired.

One grandmother remarked that she was not as fond of brass as her grandchildren, since, when she was a girl, about 1840, she had to polish the brass candlesticks and andirons and brass door latches throughout the house with the primitive polishes then in use,—ashes and vinegar, with rottenstone and oil, or something similar, being the materials. And not a stain must be left upon the white, paneled woodwork.

There was, however, a certain stately pomp in the best houses; instead of individual finger bowls, as now, a large bowl used to be passed. Perhaps it was blue India china, or old Lowestoft, and in it floated rose geranium leaves or lemon verbena leaves. Beside it on the tray were doilies; each guest laved his or her finger in the one great bowl.

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To Sugar Doughnuts

Place a half tea cup of powdered sugar in a paper bag that contains the doughnuts, and twist the neck of the bag tight before shaking. When removed the doughnuts will be beautifully and evenly sugared, and a second half dozen may be similarly treated. It is best to sugar only enough for the meal at one time.

Cake Without Eggs, Delicious, Inexpensive and Attractive

A DELICIOUS cake made without eggs or milk, and with very little sugar, will appeal to most homes desiring good living. Ever since squash or pumpkin was made known to the first settlers of this country they have been used in various plain breads, but never to make cake, real CAKE, but here follows an original recipe of the writer.

A successful cake was evolved from some very sweet, dry, cooked, Hubbard squash, although any good winter squash may be used, but the name Hubbard suggests Old Mother Hubbard, so these have been called Hubbard Cakes, but Golden Cocoanut is just as suitable, so call them what you will, only try the recipe and be convinced.

Take one cup of squash, cooked dry by baking, or by boiling and draining well. Canned squash or pumpkin would doubtless answer in place of the fresh, but this has not yet been tested out and given to friends, without giving information as to the materials of the cake and its method, as has been done with the cakes repeatedly made from big, sweet, golden, fresh squash.

For this cup of sifted squash allow a cup of flour unsifted, and if sifted then heap the cup; a little must be left to judgment, since squashes vary and so do flours. Sift with the flour one large teaspoonful of baking powder and a shaking of salt; melt two heaping teaspoonfuls of Crisco or butter in a half-cup of hot water, unless the squash be still warm, in which case add the butter directly to the squash. The other ingredients are one-half cup of sugar, one-half cup of shredded cocoanut, one teaspoonful of vanilla and one-fourth a teaspoonful of bitter-almond extract.

Work the sugar and flavorings into the squash and add what flour it will easily take up, then add the water and the remainder of the flour, blending well. Add the cocoanut. It should be about the consistency of nice mashed potato when it is dropped with a large spoon into the cake pan or little patty pans.

Sugar the top of the dough just as it goes into the oven and a beautiful glistening crust will result. This amount makes ten cakes of muffin size.

If baked as a layer cake, then more cocoanut may be used in a filling and on top.

A variation, much liked by those who have received samples of this cake, has been to add small seedless raisins to it as well as the cocoanut, or slivered citron, orange, or lemon peel, or a little fresh-grated orange or lemon rind instead of the extracts.

These little cakes make most excellent quick puddings; they may be spiced to taste and served with any suitable sauce preferred.

For a Mother Goose booth at a fair or for a children's party, these could be called Mother Hubbard cakes or Peter, Peter, Pumpkin Eater.

For Children's Parties

Make the above cakes in as globular molds as possible, cups for instance, and invert them upon green grape leaves or green paper leaves to look like pumpkins or squashes.

Place a Mother Hubbard doll in the center, giving Peter, Peter one of these cakes, or have him sitting with a plateful in his lap and one held out in his hand to encourage buyers. Or, a dining table for a home affair could be arranged with a pumpkin coach and Cinderella and Old Mother Hubbard and Peter, Peter, also.

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Fine squash may be raised almost anywhere. If garden space be limited they may be trained along fences or tied to arbors or other supports, such as A-shaped racks. They may be used, not only as a vegetable and for pie, but for Ohio pumpkin-butter, which is a great favorite in old-fashioned families, and for squash biscuit or batter cakes cooked on the griddle, and also in cornbread.

Squash may be added to puddings, calling for sweet potato. Squash is a cousin of the pumpkin, and like cousins intermarrying, the family resemblance is strong, and it is often hard to determine whether some are to be classified as squash or pumpkin. In some cities the word squash is seldom heard, everything in market is a pumpkin except the summer crookneck and scalloped squash.

The semi-tropical "chayote" or "chocho," now becoming familiar in some city markets and easily grown in Florida and California, is called "a sublimated squash." J. D. C.

* * *

One-Egg Cake

IN these days of conserving time and materials, I've found my one-egg cake a faithful stand-by. The recipe is one cup sugar, two tablespoonfuls butter, or other fat, two-thirds cup thick sour milk, one-half teaspoonful soda and one-half teaspoonful baking powder, sifted with one and one-half cups flour. The egg is not separated, and the batter is quickly mixed. It is good with any filling. In the days before the war I often used this chocolate icing. One-half cup grated chocolate cooked with one-fourth cup milk to a thick cream; add one cup sugar (brown if possible), and cook until a soft ball will form when dropped in cold water. Then add one teaspoonful butter and one-fourth pound of marshmallows and beat. This does not get hard and is delicious.

Baked in muffin pans and eaten warm they need no icing.

It is very nice baked in a biscuit pan and cut in squares, then served hot with foamy sauce.

A dessert which I often have is made by baking the cake in two layers, putting grape marmalade or any other jam or jelly between the layers and serving with a big spoonful of whipped cream.

A. G. S.

* * *

Pie Melon

IN Magazine of January, 1919, Query No. 4014 asked for receipts for preparing Pie Melon. As I used this toothsome melon for several years, will tell how I cooked it. Pare, slice and remove the seeds as you would a pumpkin for cooking. Add a small quantity of water, as the melon is largely fluid, cook over a slow fire until well reduced. Then add one-third the quantity of sugar that there is of pulp and continue to cook until thick enough to form a marmalade. Just at the last add any flavoring that you like, I have used, with equal success, sliced lemon, cinnamon, orange juice, grated pineapple or vanilla. The flavor of the melon blends nicely with any fruit, so an unlimited number of varieties of marmalade can be made at the same time.

J. M. T.

* * *

Cocoanut Candy

May I offer a recipe for Cocoanut Candy as one answer to Query No. 2647?

Beat slightly the white of one egg; add four cups of granulated sugar, meat of one good-sized cocoanut (instead of grating, if preferred, put through meat chopper, using the peanut butter knife). Moisten with the milk of the cocoanut, and, if not sufficient, add a little cold water.

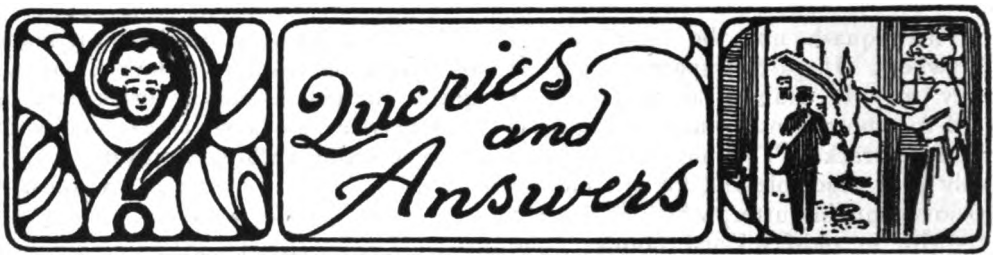
Place on fire and while stirring often, as it burns easily, let boil to the soft-ball stage, when dropped in cold water.

Remove to a warm place where it will not cook.

Take a spoonful at a time in a small saucepan and beat until creamy, drop on oiled paper. Very pretty to color part of it with the Burnett coloring paste.

C. A. A.

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THIS department is for the benefit and free use of our subscribers. Questions relating to recipes and those pertaining to culinary science and domestic economics in general, will be cheerfully answered by the editor. Communications for this department must reach us before the first of the month preceding that in which the answers are expected to appear. In letters requesting answers by mail, please enclose address and stamped envelope. For menus, remit $1.00. Address queries to Janet M. Hill, Editor. AMERICAN COOKERY, 221 Columbus Ave., Boston, Mass.

QUERY No. 4024. — "Recipe for Graham Biscuit made with yeast."

Graham Biscuit (yeast)

1 cup scalded milk
½ cup shortening
½ teaspoonful salt
1 tablespoonful sugar
1 cake compressed yeast
½ cup lukewarm water
½ cup Graham flour
Wheat flour for soft dough

Dissolve the shortening, salt and sugar in the milk; when lukewarm add the yeast mixed evenly through the lukewarm water, the Graham flour and as much wheat flour as can be mixed in conveniently with a spoon. The dough is not to be kneaded, thus should be left quite soft. Cut and turn the dough, over and over, with a spoon or knife; cover and set aside to become light. When the dough has doubled in bulk, with greased fingers pull off bits of the dough and shape into balls and set in a greased pan. When very light bake about twenty-five minutes. These may be mixed in the morning and baked for luncheon. If not in haste to bake the biscuit, double all the ingredients save the yeast and bake about two hours later in the day. Ryemeal in place of Graham flour gives particularly good biscuit. To bake this mixture in finger or other fancy shapes, let the balls of dough rise on a floured board, when very light, roll on the board with the hands to fit the tins to be used.

QUERY No. 4025. — "Recipe for French Fried Irish potatoes."

French Fried Potatoes

Pare the potatoes, cut them in halves, lengthwise, and then in pieces like the section of an orange. Let stand in cold water an hour or longer, then dry on a soft cloth and fry in hot fat to a rich, straw color and until tender throughout. Drain on a skimmer and then on soft paper, sprinkle with salt and serve at once. The fat is at the right heat, when it browns a crumb of bread in twenty seconds.

QUERY No. 4026. — "Recipe for a Cocoanut Filling for layer cake."

Cocoanut Filling for Cake

Use the recipe given for the frosting for "Atlantics" in the February number of the magazine, but instead of marshmallows, beat in one cup or more of prepared (shredded) cocoanut; flavor with half a teaspoonful of orange extract. When using for the top of a cake, sprinkle cocoanut over the frosting after it has been set in place.

QUERY No. 4027. — "Recipe for Baking a Ham."

Baked Ham

Unless the ham be unusually fresh, it is preferable to cook it, first, by boiling in water and then finish the cooking by baking in the oven. When the cooking is to be done entirely in the oven, the ham is often surrounded completely with dough or paste to keep in the moisture. The dough is removed before the last half hour of cooking, and after the skin has

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been taken off; the fat is dredged with brown sugar and fine cracker crumbs, and the cooking continued until the crumbs are browned. When the ham is partially cooked by boiling, the skin or such portion of it as desired is removed when the ham is set into the oven. Sometimes vinegar or cider is added to a little of the cooking liquid and used to baste the ham while baking. When tender finish with the sugar and crumbs. Cloves are sometimes pressed into the fat, in a symmetrical fashion, and the crumbs are omitted. Or, the cloves may be used with the crumbs.

QUERY No. 4028. — "Recipes for Grape Conserve and for Pineapple Conserve."

Grape Conserve

8 pounds grapes
2 oranges
1½ pounds raisins, seeded
4 pounds sugar
1 pound English walnut meats

Wash the grapes and press the pulp from the skins. Cut the oranges in quarters and slice very thin through skin and pulp. Cook the pulp of the grapes in a double boiler until softened, then press through a sieve to remove the seeds. To the pulp add the skins, the orange and raisins, and let cook until the skins are tender; add the sugar and let cook until it thickens; add the nuts, chopped, and let cook ten minutes. Store as jelly. It should be of the consistency of marmalade.

Pineapple Conserve

Pare and remove the eyes from perfectly ripe sound pineapples. Cut the pineapples into small pieces and mix with an equal weight of hulled, ripe strawberries. Add as much sugar as fruit (by weight) and cook until thick; add chopped nuts, as desired, and let cook until thick, stirring often to prevent burning; store as jelly.

QUERY No. 4029. — "Exact directions for a thick, tender Meringue for Pies."

Meringue for Pies

Allow two level tablespoonfuls of granulated sugar to each egg-white that is taken. Beat the whites until very light, but not dry; gradually beat in the sugar. The top of the pie should be slightly cooled; over it spread the meringue, make smooth with silver spoon or knife, dredge on a little granulated sugar. Set to cook in a very moderate oven. A meringue made of two egg-whites should not take on any color until it has been in the oven at least ten minutes. Using the proper quantity of sugar and cooking in an oven of the right temperature, a meringue will be tender, will not shrink from the edge of the pie, nor fall to any extent on removal from the oven.

QUERY No. 4030. — "Recipe for Banana Fritters with sauce to serve with them."

Banana Fritters

1½ cups flour
2 teaspoonfuls baking powder
½ teaspoonful salt
1 egg, beaten light
¾ cup milk
2 or 3 bananas

Sift together the flour, baking powder and salt. To the egg add the milk and stir into the dry ingredients. Stir in the bananas, peeled, scraped, and cut in slices or cubes. Drop into hot fat, in compact dessert spoonfuls, taking care that the pieces of banana are covered with batter.

Currant Jelly Sauce

To a cup of currant jelly add a cup of boiling water. Stir two teaspoonfuls of cornstarch, one-fourth a teaspoonful of salt, and one-fourth a cup of sugar together until well mixed, then stir into the jelly and water and stir and cook until boiling; let simmer ten minutes and use.

QUERY No. 4031. — "Why did fresh eggs, bought of a reliable farmer, put down in Water-Glass by the recipe on the package have such a "gassy" taste that it was impossible to use them? Eggs put down the preceding year in the same manner were staisfactory."

Trouble with Eggs Put Down in Water-Glass

We are unable to give any reason for

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the gassy taste in the eggs referred to. We will be pleased to hear from any one who can throw light on the subject.

QUERY No. 4032. — "Recipe with explicit instructions for making French Pastry."

French Pastry

French pastry is a term applied to a large number of dishes. These may be made with a foundation of plain, flaky, or puff-paste alone, or in combination with chou-paste (cream cake mixture). Under the term, also, are included all sorts of cake, but these usually are of individual size. Recipes for plain, flaky and chou-paste and for French Apricot Tart are given in the Seasonable Recipes on another page of this issue.

Puff-Paste (from Cake Pastry and Dessert Dishes)

1. Keep the hands or a wooden spoon and a mixing bowl for some minutes in very hot and then in very cold water.

2. Use the above to work and wash half a pound (one cup) of butter in very cold water until pliable and smooth, pat into a rectangular shape rather less than three-eighths of an inch thick, fold in a cloth and set in a cool place.

3. Work half a pound (two cups) of flour and half a teaspoonful of salt with cold water to a dough, knead until elastic; cover with mixing bowl and let stand five minutes.

4. Pat and roll into a rectangular sheet rather more than twice the width, and three times the length of the prepared butter.

5. Lay the butter lengthwise in the center of one side of the paste, fold the other side of the paste over the butter, and press the edges together. The butter is now enclosed. Fold one end of the paste over, and the other end of the paste under the enclosed butter, evenly, and press the edges together all around.

6. Turn the paste half way round, that it may be rolled in a direction opposite to the first rolling; pat with the pin and roll out, keeping the layers even

7. Fold the paste to make three layers, turn half way round, and again roll out.

Rolling the paste, folding in three layers and turning half way round is called "one turn." The pastry should be given six turns. The first rolling with butter is the first turn.

QUERY No. 4033. — "Recipe for Waffles with sour milk."

Sour Milk Waffles

1½ cups flour
½ teaspoonful soda
½ teaspoonful salt (scant)
2 teaspoonfuls baking powder
2 egg-yolks, beaten light
1 cup thick sour milk
3 tablespoonfuls melted shortening
2 egg-whites, beaten light

Pass all the dry ingredients through the sieve together. To the egg-yolks add the milk and shortening and stir into the dry ingredients; lastly, beat in the egg-whites. If the milk lacks richness, add one or two extra tablespoonfuls of shortening.

QUERY No. 4034. — "Recipe for Meringues made with granulated sugar."

Meringues

Beat the whites of four eggs very light, then gradually beat into them one cup and a half of granulated sugar. Fasten strips of paper on to hardwood boards an inch thick, and on these form the meringue mixture in such shapes as desired, round or oval are appropriate and dredge with granulated sugar; let bake in a cool oven about three-fourths of an hour. Increase the heat for the last ten minutes to color the top of the meringue slightly. Remove the papers from the board, and peel it from the meringues, or, run a spatula between the meringue and paper, while the paper is still fastened to the board. Return the meringues to the oven, soft side up, to stiffen the egg slightly. The quantity of sugar given makes a firm, solid meringue, for one more delicate, use about half a cup less sugar.

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New, Seasonable, Delicious Fritters

THE delicacy of fried foods depends upon the cooking fat which is used. A fat that easily scorches, that is absorbed in large degree or leaves a greasy taste never can be an aid in the preparation of wholesome or especially appetizing meals.

Crisco has none of these faults. Foods fried in Crisco are jacketed immediately in a crisp brown crust that keeps the flavor in and the fat out. Crisco fried foods are unusually pleasing because they are not at all greasy and are digested easily.

A good way to prove this is to try these Fritters. Fried in this sweet, wholly vegetable cooking fat, they are a tempting addition to your menu at any time.

CRISCO
For Frying - For Shortening For Cake Making

To the housewife it is a pleasure to use Crisco for two very important reasons. It does not fill the kitchen with odor and smoke, and because it does not absorb flavors or odors from foods the same Crisco can be used again and again without waste.

After frying your Fritters strain the left over Crisco. It can be used even as shortening for pastry or cake.

Crisco is wholly vegetable, the rich cream of edible oil. You can get Crisco everywhere in sanitary, airtight packages, one pound and upward, net weight. You are assured of its absolute purity yet it costs no more than lard dished out of an open tub, unprotected from impurities. To those accustomed to butter in cooking, Crisco gives equally satisfactory results at half the cost. If you have always depended on butter give Crisco a trial.

A Helpful Book for Housewives

In her helpful new book, "The Whys of Cooking", Janet McKenzie Hill, editor of American Cookery and founder of the Boston Cooking School, includes a most valuable chapter on the proper way to fry foods. Thousands of cooking questions of interest to housewives are asked and answered. The book is illustrated in color. Contains 150 recipes for tasteful and economical foods. Published to sell for 25 cents, we will send you a copy for 10 cents in stamps. Address Department A-3, The Procter & Gamble Company, Cincinnati, Ohio.

A New Recipe for Fritters

Tested and Approved by Good Housekeeping Institute, Mildred Maddocks, Director

2 cupfuls hot milk
¾ cupful fine corn meal
½ teaspoonful salt
¼ cupful sugar
2 egg yolks
grated rind 1 lemon or orange
(Use accurate level measurements)

Sift together the corn meal, salt, and sugar, then stir vigorously while gradually sprinkling into the hot milk; continue to stir until the mixture thickens, then cover and let cook one hour or longer, stirring occasionally; add a little of the hot mush to the yolks and grated rind, mix and stir into the rest of the hot mixture; beat thoroughly, then cover and let cook about two minutes. Turn into a Criscoed shallow pan to make a sheet half an inch deep. When cold, cut into rings with a doughnut cutter or if you prefer, into squares; dip in flour and fry in hot Crisco: drain on soft paper, sprinkle with powdered sugar and serve at once.

PROCTER & GAMBLE'S STANDARD PRODUCTS

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QUERY No. 4035. — "Recipe for use of Pie-melon."

Pie-Melon

A subscriber from Kentucky writes: I use for pie-melon pies, any recipe used for pumpkin pie, except that I cut down the quantity of sugar somewhat, pie melon being sweeter than pumpkin. It is also of finer and better flavor than pumpkin. During the season when eggs are scarce I replace the eggs in a pie with two teaspoonfuls of cornstarch and one teaspoonful of flour.

QUERY No. 4036. — "Recipe for Raisin Pie."

Raisin Pie

Cover a cup and a half of raisins with boiling water; let simmer ten minutes, or until the water is reduced somewhat; beat one egg, add half a teaspoonful of salt and half a cup of sugar, and beat into the raisins. Turn into a plate lined with pastry, cover with paste and let bake about thirty-five minutes. Two level tablespoonfuls of cornstarch may be used in place of the egg.

Raisin-and-Rhubarb Pie

Pour boiling water over two cups of rhubarb in half-inch slices; let stand ten minutes on the range without boiling; drain off the liquid, add half a teaspoonful of salt, three-fourths a cup of raisins, and one cup of sugar, also either one egg, beaten light, or two crackers, rolled fine; mix all together, and turn into a plate, lined with pastry, dot here and there with butter, cover with pastry and bake about half an hour.

Raisin Pie

(MRS. LARNED)

Mix two cups of plumped, seeded-and-chopped raisins, the juice, grated rind and chopped pulp of one lemon, one cup of cold water, and one-third a cup of sugar. Fill crust, dust with flour, dot with butter, cover with lattice crust and bake.

QUERY No. 4037. — "I am fond of cooking and would like to start in the catering business, but do not know how to set about it."

To Start a Catering Business

To run a catering business successfully, one must not only be fond of cooking, but also possess capacity for business. Before spending any money in stock or fittings, it would be well to try your hand at the work in a small way. What can be done would depend largely on local conditions. Study the needs of those whom you would expect as patrons. Start in with what you can do in your own kitchen, or in the homes of your friends. Do the work yourself, pay for help only when the occasion demands it, and discontinue it as soon as possible. As the work grows you will grow with it and know how to carry it on.

QUERY No. 4038. — "Recipe for Chicken à la King."

Chicken à la King

Melt two tablespoonfuls of butter; in it cook one-fourth a pound of fresh mushroom caps, peeled and broken into pieces, and half a green pepper, cut into shreds; stir and cook until the moisture is evaporated somewhat. In another saucepan melt two tablespoonfuls of butter; in it cook three tablespoonfuls of flour, half a teaspoonful of salt and one-fourth a teaspoonful of paprika; add one cup of thin cream, and one cup of chicken broth and stir until boiling; beat in one or two egg-yolks, beaten and mixed with a teaspoonful of lemon juice, and continue the beating until the egg is set. Do not allow the mixture to boil; add the mushrooms and pepper, and nearly three cups of chicken (preferably breast) cut in pieces about one inch square. The dish may be made of cold chicken, but is at its best when the chicken is hot, just cooked.

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Ryzon, The Perfect Baking Powder, is an Absolutely All American Product

The formula for Ryzon was worked out in America by a typically American scientific organization, and its ingredients—bicarbonate of soda, cornstarch, and monosodium phosphate crystals—are all produced in America.

Ryzon has been tested thoroughly and is endorsed by American chemists, by domestic science experts, by cookery editors and by American pure food institutions.

Ryzon is sold by representative American grocers.

And finally—Ryzon is used and approved by families, domestic science teachers and chefs of big hotels and restaurants in every State in the Union. They have found Ryzon scientific, economical and dependable, "The Perfect Baking Powder," whose accurate use insures successful baking results.

Ryzon is 40c per pound. The Ryzon Baking Book (original price $1.00) will be sent upon receipt of 30c in stamps or coin except in Canada.

A pound tin of Ryzon and a copy of the Ryzon Baking Book will be sent free, postpaid, to any Domestic Science teacher who writes us on school stationery, giving official position.

GENERAL CHEMICAL CO.
FOOD DEPARTMENT
NEW YORK

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New Books

Preparing for Womanhood. By Dr. E. B. Lowry. $1.00. Forbes & Co., Chicago.

This is another excellent volume in the world-famous sex hygiene series by Dr. Lowry. It is a book for girls from fifteen to twenty-one, and it helpfully discusses health, home-making and everything girls need to know to become happy, healthy women. The questions which arise in the mind of every girl concerning her health and her future are answered in this book.

The civilized world is now awake to the great importance of healthy childhood, and such a book as this is needed to instruct girls and young women to so care for themselves that the next generation will be assured of healthy mothers. The widespread reading of this book would help to advance the nation and the race.

Such works as those of Dr. Lowry stand most truly for health and the highest practical morality.

The book is concerned with health and happiness. It is carefully written and can be safely recommended.

The Family. By Charles Franklin Thwing and Carrie Butler Thwing. Revised and Enlarged Edition. Price, net $1.60. Postpaid, $1.75. Lothrop, Lee & Shepard Co., Boston.

This standard work has been given renewed life after so thorough a revision by the author that it was thought best to reset the work and bring it out as a new book. Combining that which has stood the test of college classrooms, public libraries, and the homes of intelligent people for twenty-seven years, with the latest deductions from research and statistics, it is easily the best-fitted of all works of its kind to meet the need of information on one of the greatest questions of our time.

There is nothing superficial about this book. It is a study and leads to more study. It is a text-book and more than a text-book. It is worthy a place in every library and in every home. In these days an historical and social study of The Family is both fitting and timely. Civilization is measured in terms of intelligence. What can be more important than knowledge of the origin, growth or evolution of family life? As an introductory study in sociology this volume is highly commendable.

This Famishing World. By Alfred W. McCann. $2.00 net. George H. Doran Company, Publishers, New York.

The author of this volume is well known through a former book entitled "Starving America." This book is brimful of facts and information about foodstuffs — the result of "years of experience and untiring war against food adulterations." Under such sub-titles as "The Human Scrap Heap," "Two Kinds of Food — The Constructive — The Destructive," "Preventable Tragedies of Milk and Meat," "What the World Should Know of the Mysteries of Food," the varied and subtle phases of the world's food problems are discussed in a striking and interesting manner. While we may not always agree with the author, whose views are somewhat pessimistic, rather than optimistic, we can feel assured that only knowledge of the truth can make us free. A few years ago, pure foods, adulteration and malnutrition were unfamiliar words; today, no institution where people are fed in numbers can afford to be without its dietitian.

Two bright little girls were discussing their dolls up in a Fifth Street apartment house yesterday.

"My doll's nicer than yours," said one.

"That shows you don't know a thing about eugenics," replied the other.

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Both Carry
The Same Food Value

Measured by Energy Units

The 32-cent package of Quaker Oats contains 6,221 calories of energy. And foods, as you know, are now measured by calories.

Note what a bulk of some foods it takes to equal that single package. That is, to supply the same energy value.

Compare the cost on this same basis and the difference is amazing. See table below.

Note that meat foods, fish and eggs average ten times Quaker Oats' cost for the energy they yield.

But the difference is greater still. The oat is a better-balanced food. It is more nearly a complete food. For people of all ages, it is called "The Food of Foods."

Note these cost comparisons, based on prices at this writing. Consider them in your breakfasts. Ten people can be fed on Quaker Oats at the cost of feeding one on meats.



It Equals In Calories

53 Cans of Tomatoes
Or 21 Cans of Peas
Or 50 Large Potatoes
Or 750 Oysters
Or 80 Bananas
Or 22 Pounds Perch
Or 89 Eggs
Or 9 Pounds Veal Cutlets

COST PER 1,000 CALORIES

Quaker Oats	5 cents	Dried Beef	70 cents
Round Steak	41 "	Salt Codfish	78 "
Veal Cutlets	57 "	Fresh Halibut	53 "
Hens' Eggs	70 cents		

Quaker Oats

The Exquisite Flakes

TWO SIZES: 12c to 13c—30c to 32c

Except in the Far West and South

Packed in Sealed Round Packages with Removable Cover

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THE SILVER LINING

He Stuck To It

The judge was listening to testimony in a case and ventured to interject a remark. "Do you claim that this man hit you with malice aforethought," he asked. The complainant eyed him suspiciously for a moment and then replied: "You can't mix me up as easy as that, judge. I said he hit me with a Ford, and I stick to it." — *The Argonaut.*

She Had the Locality Wrong

A woman whose husband had died went to a medium, who put her into communication with her late spouse.

"John," said the woman, "are you happy now?"

"I am very happy," replied the spirit of John.

"Are you happier than you were on earth with me?" asked the woman.

"Yes," replied the spirit. "I am far happier than I was on earth with you."

"Tell me, John, what is it like in Heaven?" asked the woman.

"Heaven!" exclaimed John. "I'm not in Heaven!" — *Tit-Bits.*

Not Here

The *Tatler* tells the story of an old Scotchman whose wit was edged with pessimism. One morning he met at her gate a neighbor whose husband was seriously ill.

"And hoo's yer husband this morning, Mrs. Tamson?" he asked solicitously.

"Oh, he's awful bad! The doctor said his temperature has gone to 150."

"Nae, nae, you've made a mistake. Sandy's temperature could never be as muckle as 150 — at least, not in this world," he added as an after-thought.

Frances and Agatha had been very carefully reared. Especially had they been taught that in no circumstances must they tell a lie, not even a "white lie."

One day, during a visit made by these little girls to an aunt in the country, they met a large cow in a field they were crossing. Much frightened, the youngsters stopped, not knowing what to do. Finally Frances said.

"Let's go right on, Agatha, and pretend that we are not afraid of it."

But Agatha's conscience was not slumbering. "Wouldn't that be deceiving the cow?" she objected.

— *Harper's Magazine.*

His Wish

Wayne McVeagh, the lawyer and diplomat, has on the outskirts of Philadelphia an admirable stock farm. One day last summer some poor children were permitted to go over his farm, and when



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Wheatena morning—everyone on time!

Such an appetizing savor greets you.

"Wheatena" the kiddies shout and clap their hands with delight. They know what is good, and best of all it is good for them.

Father, too, smiles broadly — for he likes that nutty flavor of ***Wheatena.*** No "all gone" feeling before the morning is half over.

Wheatena indeed, is the ideal cereal for breakfast. Cooked and ready to serve in three minutes it is a boon to the busy housewife.

Try ***Wheatena*** once and you won't be able to get away from the appeal of that delicious taste.

Your grocer sells ***Wheatena.***



The Wheatena Company,
Wheatenaville,
Rahway, New Jersey.

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their inspection was done, to each of them was given a glass of milk. The milk was excellent. It came, in fact, from a two-thousand-dollar cow.

"Well, boys, how do you like it?" the farmer said, when they had drained their glasses.

"Fine!" said one little fellow. Then after a pause he added: "I wisht our milkman kept a cow."

His Stock in Trade

Tourist — "To what do you attribute your great age?"

Oldest Inhabitant — "I can't say yet, sir. There are several of them patent medicine companies a-dickerin' with me. — *Boston Transcript.*

Taking No Chances

One day a young Cleveland bachelor who is always generous with his car, offered, says *Reedy's Mirror*, to take downtown the old colored janitor of the apartment house in which he has lodgings.

"No, suh, boss — no, suh, thank you, suh," said the ancient functionary, with a grin. "I reckon I'll wait and go on de street cyah."

"What's the matter, uncle? Are you afraid?"

"No, suh — me afraid? No, suh, I got to wait."

"Uncle, have you ever been in an automobile?"

"Nevah but oncet, and den I didn't let all ma weight down!"

Booth Tarkington tells of an old colored man who appeared as a witness before one of our committees. In the course of his examination these questions were put to the man: "What is your name?" Calhoun Clay, sah." "Can you sign your name?" "Sah?" "I ask if you can write your name." "Well, no, sah. Ah nebber writes ma name. Ah dictates it, sah." — *Atlanta Chronicle.*



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Grated Coconut

— canned — in its own milk "that's the secret"



THE milk—that's the secret of the delicious goodness of fresh coconut. That delightful flavor and refreshing delicacy of the natural coconut is sealed right into the Baker can. The fresh coconut is grated—fluffy and flaky, as you would grate it yourself in your own kitchen—and then it is packed into the sanitary can together with the original coconut milk.

Many delicious and substantial coconut dishes are given in our new Recipe Booklet, illustrated in colors. It's FREE. Mail us request for yourself and friends. If not obtainable at your grocer's, send his name and 15c in stamps for full-size can.

The Franklin Baker Co., Philadelphia, Pa.

BAKER'S

FRESH GRATED COCONUT

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A help for economical housewives

WITH the rich, yet delicate flavor of Burnett's Vanilla added, many a simple dessert becomes delicious. Thrift brings satisfaction instead of deprivation when you use Burnett's. Try it and your family will thank you.

JOSEPH BURNETT CO.
Dept. D
36 India Street, Boston, Mass.

The Heart of the Dessert

Burnett's Vanilla



New Recipe Book

Thrifty and economical recipes offering ways to prepare delicious desserts at a saving of costly eggs, sugar, butter, etc. A copy sent for 5c in stamps.



Fleischmann's Yeast

As a Medicine

Compressed yeast is being prescribed and used with splendid results in cases of boils, carbuncles, pimples and similar skin afflictions.

It is also a gentle but efficient laxative.

"The Healing Power of Compressed Yeast," is the title of a little booklet that will tell you all about it.

Free on request.

The Fleischmann Company

701 Washington St., New York City

Trade Mark Registered.

Gluten Flour

40% GLUTEN

Guaranteed to comply in all respects to standard requirements of U. S. Dept. of Agriculture.

Manufactured by
FARWELL & RHINES
Watertown, N. Y.

AT MARKET PRICES

Concluded from page 581

"Yes, that was easy. Filled the dish up full, meat and carrots, and sometimes an onion, with plenty o' seasoning, covered it up and let it cook while I got out my wash. Come dinner time I'd open my oven and there'd be my dinner, meat and carrots and gravy, all steaming, done and ready."

"We'll have two rows of carrots, I saw Jerry plant them," announced the little bride. And then, hesitantly, shyly, "Would it be asking too much — I'd love to take this little book home with me, just to look it over —"

"Take it right along," assured Aunt Anna, heartily. "It's a good time to start a garden account book right now, with the young radishes most big enough to use. But be sure to set everything down — everything you get out'n the garden — that's the only fair way. And put it down at market price."

"I will," promised Dorothea. "It'll be such fun to find out *just how much* one really-truly saves by growing a garden." . . . And then: "I'm going to begin this very day collecting recipes for cooking the things we grow," she added. And in her voice was the ardent emphasis of every interested young wife.

Little Susan was entertaining the guest while her mother dressed. "How is your little girl?" she asked politely. "I have no little girl," answered the visitor. "How is your little boy?" Susan asked then. "I have no little boy," the visitor said. Susan's eyes opened in astonishment. "What kind of a person are you?" she finally asked.

— *Everybody's Magazine.*

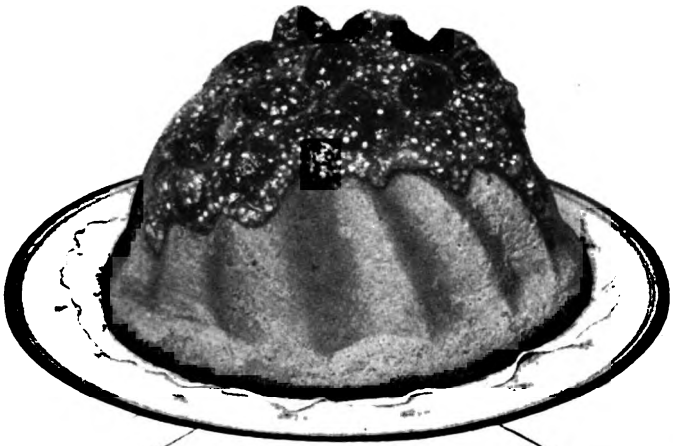
TANGLEFOOT

The Non-Poisonous Fly Destroyer



The U. S. Dept. of Agriculture says in the bulletin: "Special pains should be taken to prevent children from drinking poisoned baits and poisoned flies dropping into foods or drinks."

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FRUIT SURPRISE

Boil a cupful of Minute Tapioca in a quart of water until clear; remove from the fire and add a glass of preserved strawberries or a cup and a half of sweetened stewed rhubarb. Remove the center carefully from a round sponge cake and fill with the fruit tapioca. Serve with whipped cream.

Always Ready — Always Good

Minute Tapioca is always ready for use. It is thoroughly cooked in fifteen minutes. So you may use it just as confidently in your last minute dessert as in the one which is prepared in the morning. The delicious flavor is there just the same.

Minute Tapioca is easily digested and is highly nutritious.



Minute Tapioca

Father likes its delightful taste in his favorite dishes. It may be used as successfully in soups and gravies as in entrees, salads or desserts.

Remember that Minute Tapioca is made from genuine tapioca flour. Look for the red and blue package with the Minute Man on your grocer's shelf.

Our Minute Cook Book contains many new and unusual receipts. Free upon request.



MINUTE TAPIOCA COMPANY
103 North Main Street
Orange, Mass.

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NESNAH

FOR

Milk Desserts and Ice Cream

Nesnah is new and different from all other preparations on the market; it is powdered Junket Tablets with the sweetening and flavoring added.

Nesnah has been prepared with scientific care to meet the needs of people who are looking for good nourishing things to eat, and having in mind the busy ones, who with a package of Nesnah and some milk can easily and quickly have a dainty dessert or ice cream.

Keep a package in the pantry for emergencies.

Six Pure Fruit Flavors

Vanilla Chocolate Lemon
Orange Raspberry Almond

A Post Card will bring a free sample and a booklet of recipes.

Chr. Hansen's Laboratory, Inc.
THE JUNKET FOLKS
Box 2507, Little Falls, N. Y.

Cream Whipping Made Easy and Inexpensive

CREMO-VESCO

Whips Thin Cream
or Half Heavy Cream and Milk
or Top of the Milk Bottle

It whips up as easily as heavy cream and retains its stiffness
Every caterer and housekeeper wants CREMO-VESCO.
Send for a bottle today.

Housekeeper's size, 1½oz., .30 prepaid
Caterer's size, 16oz., $1.00 "
(With full directions.)

CREMO-VESCO COMPANY
631 EAST 23rd ST., BROOKLYN, N. Y.

Words Could Not Hurt

"James," said Mrs. Mellow to the man servant, "can you find out whether the tinned salmon was all eaten last night? I don't want to ask the new cook, because she may have eaten it, and then she would feel uncomfortable."

"Please, ma'am," replied James, "the new cook ate all the salmon, an' no matter what you was to say to her you couldn't make her more uncomfortable than she is now." — *Baltimore American.*

A correspondent sends *The Outlook* this story of the late Rev. Joseph Twichell, of Hartford: Years ago it was the rule at Smith College to allow none of the students to use the ice and the snow for coasting without presenting written permission from parents or guardians. Joseph Twichell's daughter was taking a course at Smith, and, like the rest of the wide-awake girls, wanted to coast. She wrote her father for the necessary credential. Whereupon Dr. Twichell took a postal card and wrote:

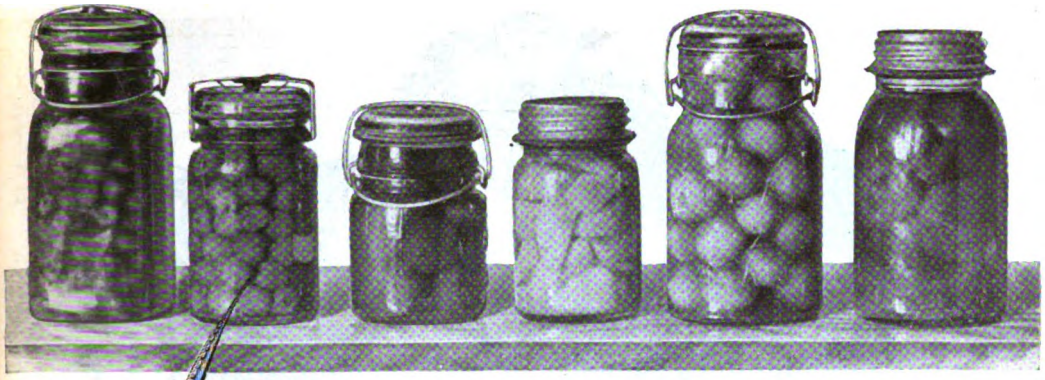
"My dear daughter:
Slide!
JOE TWICHELL."

The sergeant-major had the reputation of never being at a loss for an answer. A young officer believed he could baffle him. The sergeant-major accompanied the young officer on his rounds, in the course of which the cook-house was inspected. Pointing to a large caldron of water just commencing to boil, the officer said, "Why does that water only boil round the edges of the copper and not in the centre?"

"The water around the edge, sir," replied the veteran, "is for the men on guard; they have their breakfast half an hour before the remainder of the company." — *The Independent.*

SEVEN-CENT MEALS $1.50 per week per person: 42 meals with recipes and directions for preparing each. 10c or FREE for names of four friends interested in Domestic Science.
Am. School Home Economics, 503 W. 69th St., Chicago

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Mrs. Knox Says-

"Experts call Knox Gelatine the "4 to 1" gelatine, because one package makes four pints of dessert or salad. Here is an example of what you can do with home preserved cherries and one tablespoonful of

KNOX
SPARKLING
GELATINE

Cherry Sponge

1 tablespoonful of Knox Sparkling Gelatine
¼ cupful of cold water
1 tablespoonful of lemon juice
2 egg whites
1½ cupfuls of preserved or canned cherries
1 cupful of cherry juice
½ cupful of sugar, if necessary

Soften gelatine in cold water; dissolve in hot cherry juice. Add sugar (if necessary) and lemon juice; add stoned and halved cherries. When mixture begins to set, add stiffly beaten egg whites and whip up. Pour into wet mold and chill. Decorate with whole cherries, and if desired, whipped cream. Preserved peaches, strawberries, blackberries, raspberries, pineapple or any "put up" fruit may also be used.

**This recipe makes one-pint mold or five individual servings and uses only one-quarter of a box of Knox Sparkling Gelatine.*

It is only one of many easily and quickly made recipes to be found in Mrs. Knox's Knowledge Books—"Dainty Desserts" and "Food Economy," free by giving your grocer's name and address. Any domestic science teacher can have sufficient gelatine for her class, if she will write me on school stationary stating quantity and when needed.

KNOX GELATINE
Mrs. Charles B. Knox
107 Knox Ave.
Johnstown, N. Y.

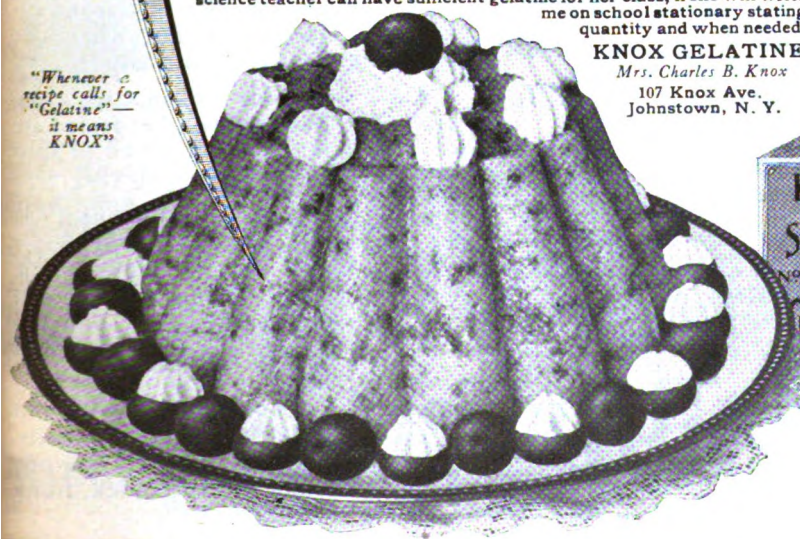
Including pure lemon flavor for quick use



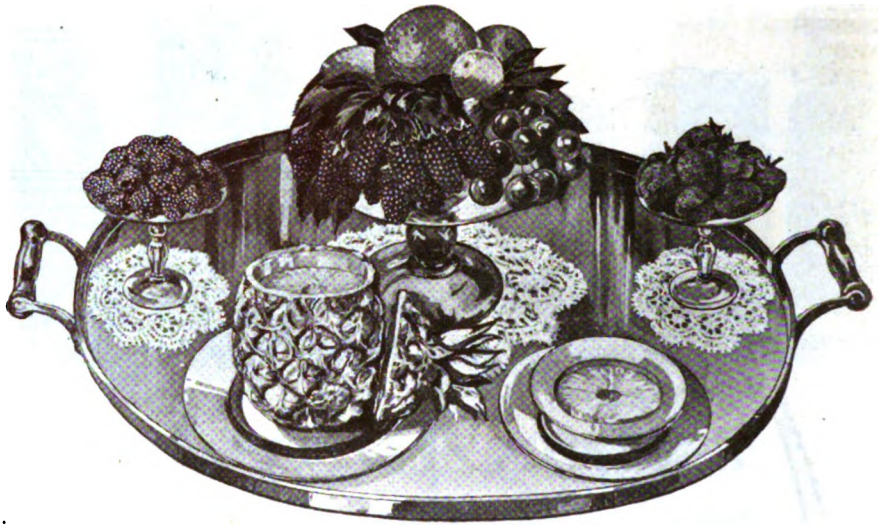


Plain, for general use easily prepared

"Whenever a recipe calls for "Gelatine"—it means KNOX"



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Fresh-Fruit Desserts

Rich in Fruit-Juice Essence

Jiffy-Jell brings you real-fruit desserts, rich in condensed fruit juices. It brings to you the finest fruits, with al their fruit-time flavor.

The fruit flavors are made from the fruits themselves. They are made by condensing much fruit juice. Then the essence is sealed in a vial, so it keeps its strength and freshness. There's a vial in each package.



Flavors in Glass Vials

Like Fruit Itself

A Jiffy-Jell dessert tastes like a fruit-made dainty. And it is. It has the healthfulness, it has the delights of fruit. The fruit is simply condensed to an essence.

Consider what that means to you — now when you need fruit most. Now when fresh fruit is so costly and canned fruit is so scarce.

Here are desserts, not merely fruit-flavored, but rich in the actual fruit.

And for Two Cents

A package of Jiffy-Jell serves six people in mold form, or 12 if you whip the jell — all for 12½ cents. That is two cents per serving — less than the cost of a good apple — for a rich, real-fruit dessert.

We accomplish that by condensing the juices when and where the fruits are plentiful and cheap.

And we bring them to you, sealed in glass, when the fruits are scarce and high.

Jiffy-Jell comes ready-sweetened, in proper color and acidulated. You simply add boiling water, then the flavor from the vial, and let cool. Thus, at little cost and trouble, you have the fruit you like best, served in this delicious form.

Compare it with the old-style gelatine desserts. It will give you a new idea of these quick, fruity dainties.

Jiffy-Jell

The New-Type Gelatine Dainty

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Try Loganberry

Our Finest Berry Flavor

Jiffy-Jell comes in ten flavors, but there are four which we wish to urge.

One is Loganberry — made from the juice of these wonderful Oregon berries. We use sixty-five big Loganberries to make the flavor for one Jiffy-Jell dessert. So you get a wealth of this delightful flavor. Each dessert tastes as though filled with Loganberries.



Another Favorite

Another is Pineapple — a delicate flavor which escapes unless kept sealed in glass. We use half a Pineapple to make the bottle of flavor in each package of Pineapple Jiffy-Jell. And you get it, plus the sugar, plus the gelatine, for 12½ cents.

Another is Lime-Fruit flavor, which makes a salad jell, tart, green, zestful.



Lime-Fruit Flavor
For Tart, Green Salad Jell

Serve it with your salad, or mix the salad in before cooling. Use cooked or uncooked vegetables. Or mix in meat scraps and make a delicious meat loaf — meat in aspic.

Another is Mint flavor, made from crushed mint leaves. It makes a garnish jell, rich in fresh-mint flavor. It is far better than mint sauce with roast lamb or cold meats.



Mint
For Garnish Jell

Try These Four

Try these four flavors and judge Jiffy-Jell by them. They will show you the way to countless enjoyments. They will give you an entirely new conception of these fruity desserts and salads.

WAUKESHA PURE FOOD CO.
Waukesha, Wis.

Ten Flavors in Glass Vials

—

Two Packages for 25c



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WAGNER MUFFIN PANS

THE even heat-retaining quality of Wagner Muffin Pans bakes muffins with a crisp, golden brown crust and a wholesome, light, evenly baked center.

Wagner Muffin Pans are made both in Cast Iron and Cast Aluminum. They are most durable. Come in many styles suited to the different kinds of hot breads. Using the right pan for each kind of dough improves the muffins and gives pleasing variety to meals.



Ask your dealer or write us for free leaflet on Muffin Pans and muffin baking. We will also send free booklet showing the complete line of Wagner Cast Aluminum Kitchen Utensils.

The Wagner Mfg. Co.
Box 91 Sidney, O.

Cooking For Profit

Advanced cooking. How to establish and run a profitable business in home-cooked food and catering; management of tea-rooms, etc. A correspondence course—details on request.

Am. School of Home Economics, 503 S. 69th St., Chicago

Delicious Whipped Cream

can be easily made from ordinary Table Cream by adding a few drops of

Farrand's Cream Whip

Send us 30c for full ounce bottle if your grocer does not carry it.

THE CREAM WHIP CO.
Cleveland, Ohio

SERVICE TABLE WAGON



Large Broad Wide Table Top — Removable Glass Service Tray — Double Drawer — Double Handles — Large Deep Undershelves — "Scientifically Silent" Rubber Tired Swivel Wheels.

A high grade piece of furniture surpassing anything yet attempted for GENERAL UTILITY, ease of action, and absolute noiselessness. WRITE NOW FOR A DESCRIPTIVE PAMPHLET AND DEALER'S NAME.

IT SERVES YOUR HOME AND SAVES YOUR TIME THAT IS PRACTICAL ECONOMY

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UNCLE JOHN'S SYRUP ON GRIDDLE CAKES

will satisfy the most exacting taste and you'll find it palatable for steady use. It is absolutely pure because made only from pure granulated cane sugar and maple sugar, blended. Everyone likes it. Equally good on hot biscuits, steamed bread, boiled rice, cereal and grape fruit. It has

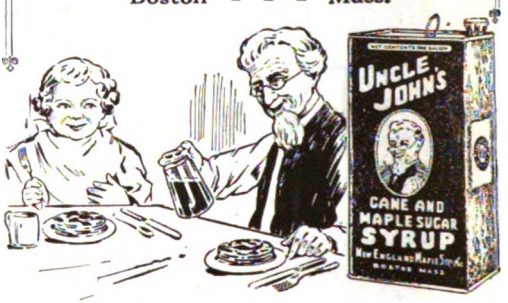
The Real Flavor from the Maple Grove

Have Uncle John's Syrup on the table every meal—it's as necessary as the sugar and cream.

PUT UP IN FOUR CONVENIENT SIZES

Ask your grocer for a can today

NEW ENGLAND MAPLE SYRUP CO.
Boston - - - Mass.



SLADE'S SALAD CREAM



The Most Delicious Dressing.

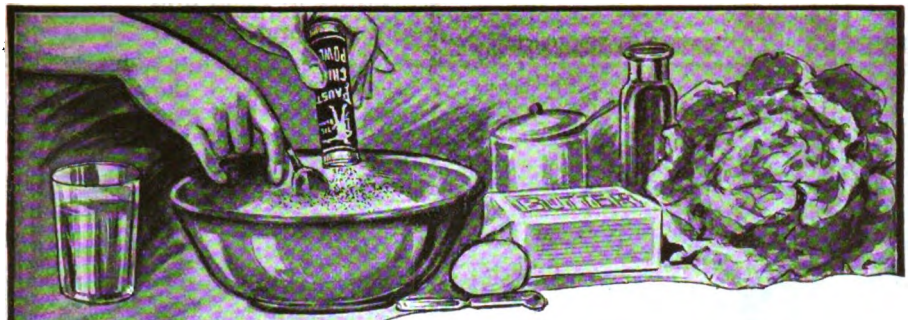
Made with butter instead of oil it pleases everyone. If you like oil add your favorite brand of true olive oil and you get better results than with oil dressings.

Pure and Wholesome

Ask grocers for SLADE'S.

D. & L. SLADE CO., BOSTON.

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Faust Salad Dressing

1 teaspoon of salt, 1 teaspoon Faust Chile Powder. Add 4 tablespoonfuls of olive or salad oil, stir or beat thoroughly, then add 3 tablespoonfuls of vinegar and stir or beat until thoroughly congealed.



Prize-Winning Chile Con Carne

1½ lbs. beef off round, ground not too fine; 2 large onions; 2 teaspoonfuls salt; 4 large tablespoons Blanke's Chile Powder; 1 heaping tablespoon lard; 1 pint Mexican chile beans or 1 pint red kidney beans; 1 pint hot water. Soak beans in water and boil until done; cut onions in small bits and fry in the lard; add to this the ground beef which has been sprinkled with a little flour and salt; stir until seared, then add one pint hot water, the cooked beans and Chile Powder. Stir and let cook slowly 30 minutes.



Faust Chile Spaghetti Au Gratin

Cook a half pound of spaghetti until done, put in a baking dish, put two tablespoons of bacon grease, add a pint of tomatoes, put on a tablespoonful of Chile Powder mixed well together, and salt to suit, put on top a sprinkling of grated cheese, place in oven to slowly bake. When the top is brown it will be ready to serve.



MAKE THE BEST DISHES BETTER

FAUST CHILE POWDER is a "different" seasoning. You use it instead of pepper, spices, etc. It's a combination of all of them, except salt. For salad dressings, meats, gravies, stews, soups, there's nothing quite so good. Sold by most dealers in 10c., 25c. and 50c. cans. If your dealer hasn't it, send 15c. for 1¼-oz. can and Recipe Pamphlet prepared by Henry Dietz, famous chef of the historic Faust Cafe and Bevo Mill.

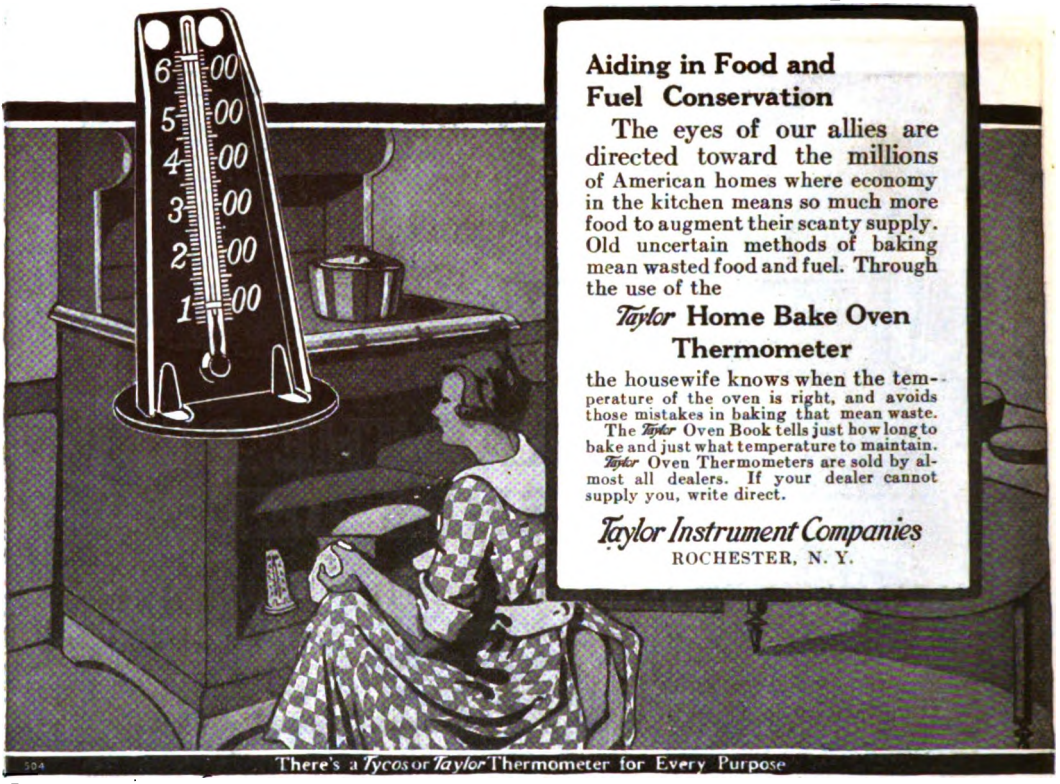


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JOBBERS, Write Us.

C. F. Blanke Tea & Coffee Co., ST. LOUIS, MO.

Manufacturers of the world-famous *Faust Instant Coffee & Tea.* Faust Instant Coffee is now in the service of the Government and this product will therefore be unobtainable until victory crowns our arms. Faust Instant Tea, however, is still available at 30c., from dealers or by mail.

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The eyes of our allies are directed toward the millions of American homes where economy in the kitchen means so much more food to augment their scanty supply. Old uncertain methods of baking mean wasted food and fuel. Through the use of the

Taylor Home Bake Oven Thermometer

the housewife knows when the temperature of the oven is right, and avoids those mistakes in baking that mean waste. The Taylor Oven Book tells just how long to bake and just what temperature to maintain. Taylor Oven Thermometers are sold by almost all dealers. If your dealer cannot supply you, write direct.

Taylor Instrument Companies
ROCHESTER, N. Y.

There's a Tycos or Taylor Thermometer for Every Purpose

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By
Fannie Merritt Farmer

Author of
The Boston Cooking School Cook Book



IN OAK BOX — Net $1.25

Arranged in twelve sections under the headings of SOUPS, FISH, POTATOES, MEATS and ENTREES. VEGETABLES, POULTRY, SALADS, BREAD, CAKES, PIES, PUDDINGS, ICE CREAM and DESSERTS.

Includes 200 recipes not contained in THE BOSTON COOKING SCHOOL COOK BOOK, and a generous supply of blank cards for the busy housewife to use for her own special recipes.

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Food, health, housekeeping, clothing, children

For Homemakers and Mothers; professional courses for Teachers, Dietitians, Institution Managers, Demonstrators, Nurses, "Graduate Housekeepers," Caterers, etc.

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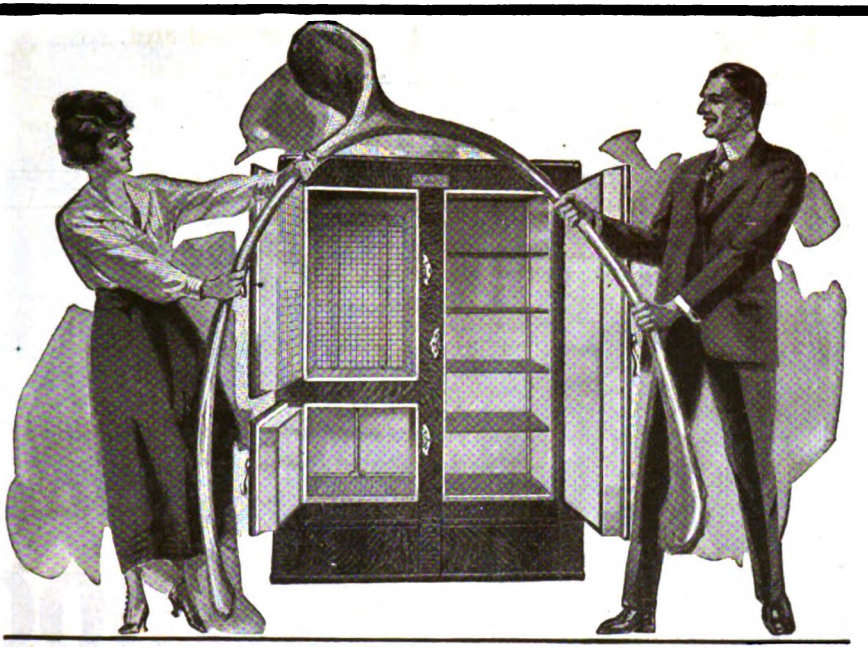
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Contains U. S. Government Cold Pack Process, 8 pages specific instructions with 5 illustrations, also tells how to dry fruit and vegetables. 100 pages of special recipes skillfully prepared to meet the high cost of living. Worth a dozen times its cost to every housewife. *Price 35c. Address*, BERGEN & COMPANY, 502 South 49th Street, Philadelphia, Pa.

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Colburn's Spices
"A" Red Label Brand
The A Colburn Co., Philadelphia, U.S.A.

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Everything that can be desired in a quality refrigerator is found in the prize-winning Herrick. Perfect food preservation, convenience in cleaning, ice economy, handsome appearance—these and many other extra-value features combine to make a Herrick the choice of wisdom. The

HERRICK
DRY AIR SYSTEM
REFRIGERATOR

is the most respected refrigerator in America. Twenty-eight years of tested performance in American homes have earned for it an enviable reputation.

Each Herrick that leaves our big cost-reducing factory contains many hidden refinements that benefit you daily. There are 27 such improvements that add to Herrick efficiency, but not to Herrick cost.

Why Herrick Has Won First Prizes

1. Made by refrigerator specialists in their big cost-saving factory.
2. Famous as an ice economizer.
3. Constant circulation of cold dry air.
4. No conflicting currents of warm and cold air.
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Approved by Good Housekeeping Institute and New York Tribune

A Herrick to Fit Your Needs

There is a Herrick "made for you." If you wish the outside icing convenience, it can be furnished in almost any model. And any Herrick can be mechanically operated. Send coupon for money-saving facts.

The Herrick Refrigerator Co.

203 River Street, Waterloo, Iowa

The Herrick Refrigerator Co., 203 River St., Waterloo, Iowa

Gentlemen: Please send me your new book B3 of valuable facts for refrigerator users.

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This New Range Is A Wonder For Cooking

Although less than four feet long it can do every kind of cooking for any ordinary family by gas in summer or by coal or wood when the kitchen needs heating.

There is absolutely no danger in this combination, as the gas section is as entirely separate from the coal section as if placed in another part of the kitchen.



The Range that "Makes Cooking Easy"



Coal, Wood and Gas Range

Note the two gas ovens above—one for baking, glass paneled and one for broiling with white enamel door. **The large square oven below** is heated by coal or wood.

See the cooking surface when you want to rush things—five burners for gas and four covers for coal. **The entire range is always available** as both coal and gas ovens can be operated at the same time, using one for meats and the other for pastry. **It Makes Cooking Easy.**

Gold Medal

Glenwood

Write to-day for handsome free booklet 165 that tells all about it, to

Weir Stove Co., Taunton, Mass. Manufacturers of the Celebrated Glenwood Coal, Wood and Gas Ranges, Heating Stoves and Furnaces.

SUMMER SCHOOL OF COOKERY

AND VACATION OUTING COMBINED

Mrs. Hill's Summer School of Cookery at "Topo Pino" South Chatham, N. H. Opens Wednesday, July 2nd, for the Sixteenth Season

First Lesson of the Session is given Thursday Morning, July 3rd

The school is for beginners in cooking, for housekeepers, college girls, for teachers who are desirous of adding to their knowledge of cookery and dietetics, and for women taking up Tea Room work.

Special attention will be given to canning fruit and vegetables and making marmalade and jelly.

Daily practice in actual cooking for a family of from 20 to 30 will be provided.

Instruction is given in the art of giving demonstrations in cooking, and opportunity is offered for the actual giving of demonstrations by the pupils.

Miss Ada Hillier, supervisor of the Department of Household Arts, South Bend, Indiana, will preside at conferences for the benefit of teachers interested in any of the household arts.

A well-filled ice house, a plentiful supply of milk, fresh eggs and berries, renders work in all varieties of frozen dishes a possibility for each day of the season.

For circular of terms and other information, apply in person or by letter to

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How One Socket Does Two Jobs

An ordinary electric light socket *alone* does one job. It has one outlet and you can use it for one purpose—power—or heat—or light. Double the outlets and get power *and* light—or heat *and* light—or *double* the light. It's simple enough and inexpensive. The

BENJAMIN TWO-WAY PLUG

gives two outlets to any single socket. One outlet is always ready for any electric appliance—during daylight or after dark. The other outlet holds the lighting fixture—always ready to give light when you need it. Millions now in successful use. Folder free on request.

Every Wired Home Needs Three or More

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3 for $3.50
$1.25 Each

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BENJAMIN ELECTRIC MFG. CO.

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Benjamin No. 2450 Shade Holder enables you to use any shade with your Two-Way Plug.
Benjamin No. 903 Swivel Attachment Plug screws into the socket without twisting the cord.

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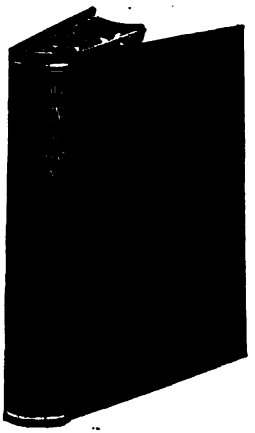
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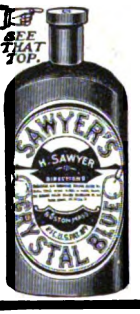


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AMERICAN COOKERY

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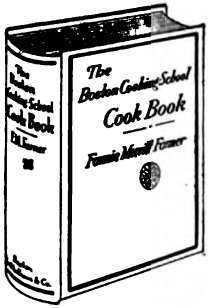
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A HANDBOOK FOR YOUNG HOUSEKEEPERS

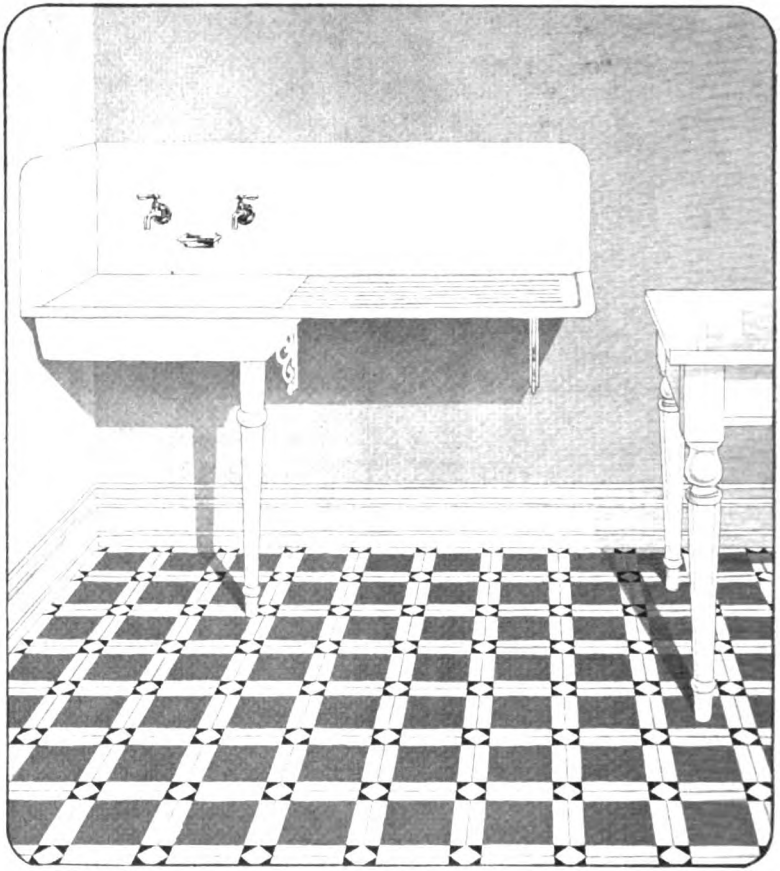
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I

Chicken Broth with Tapioca
Loin of Spring Lamb, Roasted, Mint Sauce
Mashed Potatoes, Asparagus, Hollandaise Sauce
Lettuce and Cress, French Dressing
Egg-Shapes of Ice Cream
Best Macaroons
Sponge Drops
Coffee

II

Consommé with Peas and Macaroni Rings
Brook Trout, Fried, Sauce Tartare
Lady Finger Rolls
Breaded Lamb Chops, Baked
Mashed Potatoes, Roll-Shaped, Baked
Lettuce and Asparagus, French Dressing
Individual Strawberry Shortcakes
Half Cups Coffee

III

Strawberry, Orange-and-Pineapple Cocktail
Halibut Steaks Baked with Oysters Between,
Hollandaise Sauce
Buttered Potato Balls, with Parsley, Parsnip Fritters
Lettuce and Hot House Tomatoes, French Dressing
Vanilla Ice Cream in Egg-Shaped Meringues
Candied Mint Leaves
Coffee

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SUMMER TIME

To lie upon some daisied field and look into the sky,
To hear the near drone of a bee, to see the grass smile shiningly,
As warm winds wander by.

To smell good pennyroyal in a pasture closely cropped,
Or woods refreshed by summer rain, or up the tangly, bushy lane,
The blackberry blossoms hot.

To gather red raspberries in a grassy cellar-hole,
Where swaying birch and willow trees pensive with ancient memories
Their mysteries enfold.

To see the far-off mountain framed in doors of hay-stored barn,
To follow shady, winding roads that lead at last to gray abodes
Of elm and lilac charm.

To hear the call of thrushes some late green plush afternoon,
When broken, fading shafts of light go groping for the one last sight
Of songsters in the gloom.

To swing along the rugged trail that spruce and hemlocks climb,
Till on the hill's high top you come to stand exalted in the sun!
AH, THIS IS SUMMER TIME!

— *Beulah Rector.*

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American Cookery

VOL. XXIII APRIL, 1919 No. 9

Going Back to Tramworth

By Beulah Rector

PHOTOGRAPHS BY MR. C. E. PAINE

NEW YORK was charming, and — in one hour you could get away from her. Frankly, now, was that not the sum of our letters? We began with accounts of the city's fascinations; the best we reserved for the last,— those holiday trips outside. All winter we had even been sorry for those who did not live there in the midst of things. But spring came. We were sorry for those who did. Walking along the old Croton aqueduct at Tarrytown we had seen trees that were green bursts of joy. Rushing from the subway into the sudden light of day we had seen little gardens below the tracks and had cried out in surprise. If you lived in New York, gardens were almost unbelievable. It gave one a swift sympathy for the huckster who when he delivered the plums for fall preserving had exclaimed: "Them must look funny growing!"

Spring grew very fast that year. That was because we saw the real spring only from week to week on those Saturday outings. It was too much like being away from a child you love when you know he is acquiring all manner of dear new ways.

On this particular Saturday we had been detained to consider remaining in the city the next six weeks and earning $150. It was almost too late now for our weekly trip. The busses that passed the head of the street on their way up Fifth Avenue were massed with dark figures. Ferry boats would be as popular. The park was not far, to be sure, and there was grass there — and — the policeman's whistle to keep you from stepping on it. That spring the grass was all immature. So we had pulled our chairs out on the fire escape. In my lap was the journal of a city woman who had returned to that ancient heritage, the green outdoors. The old Dutch farm house which she was renovating, her purchase of oxen, her plans for woodlot and garden brought to the mind sights of the country, but the sounds we heard were those of the city: the cries of children on the street eight stories below, the roar of the Third Avenue Elevated.

Cornelia's book was not altogether absorbing either. "See," she called my attention, pointing with her pencil, "the people in the apartment straight across the way have gone off already."

I looked. Windows were tight, shades drawn, in some places newspapers covered the lower part of the windows.

Where had our neighbors gone? At least their views were not of pigeons circling above the roof tops, encouraged in their exercise by a bamboo pole; their stairs were not elevators; their dooryards not roofs. Maybe this very minute they were looking out across a sweeping green lawn to the Hudson. Or was there the ocean, dazzling blue, a white sail showing over a green knoll, old grey rocks, delicate pink wild roses and the swish of the tide?

"What is the date, Cornelia?" I asked, not quite through with my revery.

"The twentieth of June."

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"Do you know where we were and what we were doing last year on the twentieth of June?"

"Of course; we were in Tramworth. And wild strawberries were ripe. So you must have been picking them," she regarded me with a sly smile.

Wild strawberries! Wild strawberries as they grew in Titcomb's mowing, reached by that steep hill road strewn with brown leaves, where the red squirrel scolded and the oven bird called. Titcomb's mowing shut round with pines and bending aspens, the mountain showing through the birches beyond a warm stone wall. Oh, it wasn't wild strawberries alone that captured our senses, but the accompaniments of wild strawberries, — freedom and clean air, flowing green hills, ponds and open fields, brook music and summer hum of insect.

The hundred dollars a month and all the magnificent subtractions therefrom necessary to sustain life in New York City looked exactly what it was.

"Of course, what you make staying in the city six weeks wouldn't be very much over what you could save by living in Tramworth with a garden and four Rhode Island Reds and all the wild berries you can pick."

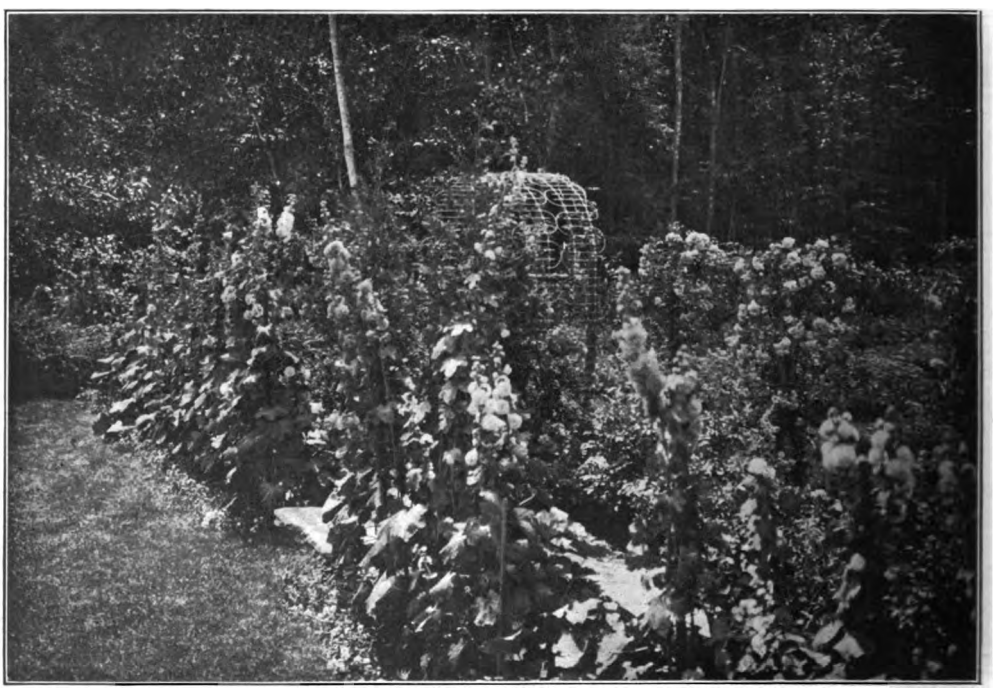
I liked hearing the argument from Cornelia's lips.

"And, Cornelia," I urged, "speaking for your own good, you do need a rest. You've looked pale this spring. After two months outdoors you'd get back your rosy country face and feel better prepared to study again in the fall."

Cornelia half closed her eyes. "Can't you see this minute how it looks from the doorway of the Little House? That field full of daisies and buttercups sloping down to the bushy pasture, the white church spire just showing at the top corner, the Squire's red barns off in the valley, Thorndike's cows munching under the maples on the hill opposite?"

"Cornelia," I cried, "when can you start?"

I wish we might have seen Tramworth directly after New York. It would have been such a shock. Out of New York's greyness and highness and sophistica-



GARDENS WERE ALMOST UNBELIEVABLE, IF YOU LIVED IN NEW YORK

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tion into Tramworth's fresh youthfulness and naïvete.

But we must needs pay a visit to Aunt Jane Webster's farm before going further north.

A soldier occupied the seat with me on the train as we continued our journey. He was on his way from camp to his home in New York State. The sight of the familiar affected him strongly. He leaned near the window and identified every landmark. "This is God's country," he kept exclaiming. "I can feel it way up here," thumping his chest. "My chum, in the other car's so nervous he's walking up and down.

"Maybe you'd feel better if you did," I suggested.

This scenery gave Cornelia and me no such disturbances in the chest.

"God gives all men all earth to love,
But since man's heart is small
Ordains for each one spot shall prove
Beloved over all."

Ah, that was it. This land might be picturesque. But we had never lived in it and made it ours. But Tramworth was home, "sanctified to the affections."

"Why do you go so far? Isn't Webster just as pretty as your Tramworth?" Aunt Jane's words were still in our ears.

All the way up we studied the landscape critically. Like the refrain in the Lobster Quadrille, her challenge beat in our brains: "Is it, isn't it? Isn't it, is it? Are we foolish, aren't we foolish?"

A thinness, a flatness began to disappear. The coach creaked, straps swayed; trestles were higher, brooks wilder, more headlong; slopes more wooded; houses scattered. We were climbing. An opening showed, like the drawing of a curtain, rolling green intervale and tumbled far blue hills. "If only Aunt Jane could see this, she might understand."

We were as eager now as the soldier boy had been earlier. Five stations away and we had done with surface removal of cinders. Four, and our bags were in the aisle where they could be conveniently stumbled upon. Three, and we were inside our coats.



IT WASN'T WILD STRAWBERRIES ALONE, BUT ALL THE ACCOMPANIMENTS OF WILD STRAWBERRIES, HILLS, LAKES, CLEAN AIR AND FREEDOM

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The rotund conductor opened the door and steadied himself in the aisle. "The next station is Tramworth. Tram — worth!"

What unnecessary information! As though anyone could mistake it!

Down the rear steps and again we stand in the familiar little village. How green and hushed is June in the country. The air is even sweeter than that we sniffed through the open window of the train, just to assure ourselves that there is something richer in the outdoor smells of the Tramworth land than in Aunt Jane's.

Across the railroad tracks the roads separate north, south, east and west. Today we will take the one that dips down past the post office and over the brook where chips from the saw-mill float so swiftly, but tomorrow we will go north, and the day after west, and the day after that with knapsack upon shoulder we will tramp toward the sunrise.

Oh, how good it smells! Oh, how fresh and lovely it is! On and on we go over a sleepy, grass-grown road full of summer sunshine and drowsy hum; the green scent of ferns hangs about it and, occasionally, it is hinted that the elusive pennyroyal lives near by. But here is the well-house that marks the opening of our own lane, and there at its tree-shaded termination stands the Little House, from one side looking toward the hills, from the other giving directly upon the field where the buttercups blow.

How clean the tiny nest has been made against our coming. Robin's plantain fills the vases. Pitchers are high with cold water. Dressers wear starchy white petticoats and the old-fashioned blue candlesticks.

But we must see the height of the well, and learn whether the cat bird has built in the same bush this season, and red squirrel is again in the pine. We shall need them all. Cornelia and I have told each other that it is certain to be lonely without Sam and Ted. We have tried to prepare ourselves for the difference their absence will make. As the afternoon passes we find ourselves involuntarily watching the down-slope of the buttercup field for the two boyish figures, though we try to be very busy unpacking, and deciding who shall have the drawers in the writing desk, and how we shall divide the medicine closet.

"Cornelia, what was that noise?" I ask, over an armful of clothes.

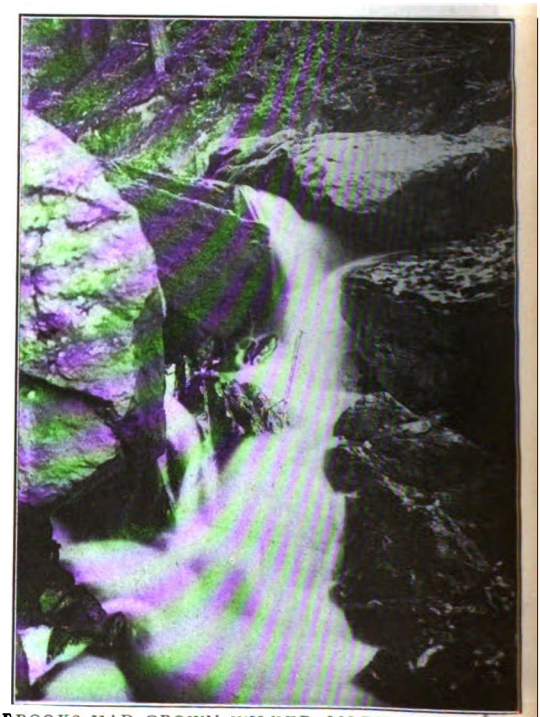
"Sounded like someone on the porch."

Spilling my load over on the bed I step into the front room.

A figure fills the doorway, tall, tanned, beaming. Was there ever a more captivating smile!

"Ted! Oh, Ted! But you wrote us you were going to be assistant cook on a Lake freighter." We flung ourselves upon him.

The boat had not arrived on time, and while he waited he had learned some things about this nautical life that his college companions had neglected to



BROOKS HAD GROWN WILDER, MORE HEADLONG

explain. . . . They cooked the chickens without cleaning them. Altogether it made him homesick for Tramworth. He longed to be at one end of a pitchfork,— preferably the handle end,— in the hayfields where he was Squire Piper's prize pitcher. We agreed with him; this was a far more admirable way in which to make his vacation money.

"But where is your trunk, Ted?"

"Down at Piper's."

"And how about your meals?"

"I'm going to get them myself."

"Might I ask what you had for your breakfast?" Cornelia demanded.

"Oh,— I had a pretty good breakfast;" but he looked convicted.

"Come, tell us now." "Jelly sandwiches and — "

"Ted, you bring your stuff up here. What if we didn't expect you. Isn't there just as much room as there was last year?"

"Yes, Ted, we'll put up a tent in the lane."

A few white things are flapping on the line in the lovely mountain air. The tent shows under the archway of choke cherries and young maples. All we lack is a broken-hearted, middle-aged horse gnawing at the bark, and we have one of George Borrow's gypsy dingles transferred to the hills of New England.



A SLEEPY, GRASS-GROWN ROAD FULL OF SUMMER SUNSHINE AND DROWSY INSECT HUM, SCENT WITH THE GREENNESS OF FERNS AND THE ELUSIVE PENNYROYAL

The Altar

This is an altar where from year to year,
From dawn's bright blossoming to twilight gray,
Rises an incense sweetest unto God —
An incense wrought of love, of toil, and play.

No fairer altar looks to cloudless sky
In marble temple crowned with golden dome
Than this whereon is carved with symbols bright
The word immortal, loved, and holy — HOME!

Arthur Wallace Peach.

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Black Minorcas

By L. Calvin

"WELL, girls!" said Molly McGuffin, as she opened the door on the Foley twins who had come to pay her an evening visit, "I'm so glad to see you folks! Do come in! How am I? Oh, I'm *well*, but I've been having the *worst time*!

"Why, I guess I will tell you if you'll only just sit down! I don't know myself yet whether to laugh or cry. So ridiculous!

"You know, girls, our folks are all buried over in the McGuffinstown cemetery. Almost the whole cemetery's McGuffin, seems like! Of course, I go out there every little while and tidy up, and this afternoon was the day I set to go, though I was so busy all the morning canning that I didn't get away as early as I'd planned. You know about that carload of peaches that came in? Real Albertas, they called them, but they didn't turn out to be no more than anything! Cling stones, too, and I particularly said I didn't want cling stones! How's that? Oh yes, my adventure? Where was I? Well, I'd got through canning, at last, and caught the three o'clock trolley out. I worked so hard and so fast out there that it got late before I knew it and then I can tell you I made a bee line for the cemetery gate. There was a horse and buggy there, and I didn't think anything about that. But when I started down the road the man who belonged with it asked me if I didn't want to ride. He had a little boy in the seat with him and a black crepe to his hat band, and he asked me so pleasantly I hardly knew how to say no. I didn't *want* to get in with them at all and all the while I was thinking to myself I didn't, there I was, climbing in! I was *so* unhappy!

"'Where 're ye bound for?' said the man, gathering up the reins. 'Oh, not, not far,' I said. 'Only to the trolley.'

"'But where're you going then?' he just *insisted* on knowing. 'Where're you going by trolley, that's what I'm tryin' to find out!' Then I told him Turnersville and he looked, girls, for all the world as if he'd made the biggest discovery of the age! 'Well, what d'you know about that?' says he. 'I'm going there, too, and you won't need to take the trolley. You stay right where you be and ride with me!'

"Girls, I was *so* unhappy! I tried to tell him I'd rather not, and then his horse was skittish, besides. There was a gunny sack at my feet and he hoped I wouldn't mind it. ''S got black minorca chickens in it. I've been scouring this county and part o' York state for 'em. My land! I give a dollar apiece for 'em!'

"At that very moment he espied one over the fence in a yard and, before I could say Jack Robinson, I had the reins in my hands and he was out and away. 'Girl,' he called back (that's what he called me, too, all the while); 'girl, hold the horse. There's a black minorca now and I'm goin' to get it or my name's not —'. I lost his name. Not that I ever wanted to know it! And I was disgusted clear through! I hate holding horses — their tails always get over the lines, and then, I thought, what if this one scares at automobiles? Well, no matter how I felt, he was gone and I was left there just on needles and pins, you might say, to hold his horse while he went into the house to bargain for black minorcas. You remember how hot it was this afternoon. You can imagine *me*! The perspiration just streamed, while those chickens in the gunny sack felt like a whole steam plant in good running order on my feet! I was hot and provoked and just plain

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mad too, clear through. But I had to stay there just the same, holding in that colt; the little boy never took his great saucer eyes off me. I couldn't take *my* eyes off the road for fear I'd see one of those dreadful autos and, if I had, I know I'd have simply died! As it was, if it hadn't been so unmercifully hot, I'd have had a chill. . . In the yard I could hear them, the man and two of the women folks in chase of the black minorca and oh, how I did wish it would let itself be caught without more ado. . .

"After what *seemed* ages, girls, that man came out carrying by the feet the black minorca and thrust it into the bag along with the others. There was a grin of triumph on his face.

"Now you will say it was my chance to get out! But no, he got in and the horse started off at once. 'I tell you, girl,' he was boasting, 'there ain't nothing I go after I don't get! Let it take me a minute or all night, I get it in the end!' Now, did you ever?

"It's only three miles to the McGuffinstown cemetery, but I declare that ride seemed seventy! When the crowded trolley passed us about half way in, that man paused in his boastings long enough to say: 'There, girl, ain't you glad now you ain't on that trolley, standin' up there all hot and dirty!' I felt like telling him they had nothing on me in the way of being hot and dirty — but there, you couldn't tell him anything! He looked at me, expecting me to say yes and, of course, I did. I murmured weakly, 'Yes.' Well, girls, don't laugh! I did! And all the time I was wondering how I was ever going to separate myself from him.

"As we drew near the bridge I had a sudden inspiration. I'll tell him, I thought, that I have an errand on the side hill and must get out here. It would be the truth, too, for I would make an errand! So I began just as firmly as I could: 'If you please, I'd like to get out here at the bridge.'

"'Do you live here?' he asked. I never could lie, girls. I said, 'No, but I have an errand.' 'Then I'll drive up the hill and wait for you,' says he.

"In pure horror I was speechless — and he must have taken my silence for encouragement. You could never *guess* girls! Well, this is what he said:

"'Say, you and me ride pretty well together, don't we? The most of women talk too much for me, but you —' (It was on my tongue to say people in glass houses shouldn't throw stones and I don't know why I didn't! Of course, I never *dreamed* what was coming!)

"'We ride together pretty well! How'd it be, say! if we kept on agoin'?'

"'I have to get out here,' I said firmly, 'and I'd rather you wouldn't wait for me, either!'

"'Land, I don't mind waitin'! You know how I was about the black minorcas. Now don't be scart,' he went on, beaming on with a benign smile while I sat, eyes glued to him like some wooden Indian. 'I'm not a bad sort if I do say it myself!' He nodded up and down. 'Ride through life's what I mean, girl. . . . Now take your time, I'm never in a hurry!'

"'Let it take me a minute or all night I get what I'm after!' flashed through me like a shot. I tell you I woke up then! I don't see how I did it, but I scrambled out of that moving buggy onto the road in double quick time. I just let him know it, too! 'No, you don't!' I said. Said I: 'Thank you, I'm no black minorca!'"

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Up-To-Date Curtains for Your Home

By Marion Brownfield

CURTAINS are the one item of house furnishings that must do double duty, for they are seen from the exterior as well as the interior of a home. From the outside, they suggest the cosy comfort of the interior and reflect the good taste of the house furnisher. From the inside, they provide privacy and add harmony accordingly as they are chosen to fit the windows and match the general color and furnishing scheme.

In choosing curtains it is well, first, to think of their effect from the outside. Mission architecture, for instance, looks better with windows curtained with straight hangings of heavy looking materials, such as old gold burlap or brown terry, while a colonial house is charming with simple muslin curtains looped back from the windows. In general a large stately home looks better with more elaborate curtains than the bungalow. To see even a large bungalow curtained with expensive lace and fancy side drapes is poor taste, for curtains from both within and without should harmonize so perfectly with the architecture and house-furnishings that they add the finishing touch to the picture. Think, therefore, when buying or re-making curtains for even one room, of the effect upon the whole house outside.

After the outside effect has been decided upon, the curtains should be considered from the interior. First, there is the exposure of the room. If it is a north room, the curtains must be as thin and light as possible. In a south room, the sunshine is desirable in winter, but not as pleasant in summer, so unless there are awnings, curtains that can be pulled together in the middle, to soften the light, are a good choice.

Curtains should harmonize with the general character of the furniture in the room. For example, straight hangings suit the straight lines of "arts and crafts" furniture much better than frilled Swiss curtains. The latter go very prettily with the curved lines of Colonial furniture, but do not match mission furnishings well. Period furniture should have period curtains to match. However, good lines are the most essential, after all, in making curtains suit a room.

The shape of the rooms and the shape of the windows determine largely how the curtains are to be draped. Broad windows do not need to be widened in effect, so should not have the curtains looped back. Extremely narrow curtains, especially in a room with a high ceiling, look badly with long straight draperies. Up-to-date curtains in every room in the home are either hung straight or tied back, as individual taste decides. The point is to drape them so the windows and rooms will look most attractive.

There are a number of new effects in curtaining. The old-fashioned lambrequins have been revived and are very popular. They are used as an overdrape to the curtains in the bedroom, living room, drawing room, dining and breakfast rooms — almost everywhere, in fact, but the kitchen and bathroom. The regular lambrequin must be made, usually, by a professional draper, as it is fashioned over a wooden frame. An effect that resembles the lambrequin, that is dainty and easy for a home designer to make, is the simple over-valance hung at the top of the window to match side drapes.

There is quite a tendency to decorate curtains with embroidery and trimmings similar to dress trimmings! Silver and gold braid is very much used on both silk and velvet lambrequins and side drapes. Fringe trims many of the lam-

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brequins. Some side drapes are trimmed with one inch puffings of the same material. Ruffles, applied exactly as dress flounces are applied, are among the most up to the minute effects in curtain trimmings. Thin curtains of all-over lace or muslin are frequently gathered scantily and then trimmed at the bottom with a gathered flounce about a foot deep. These flounces are often graduated like dress flounces — the deepest part of the flounce coming in the middle of the window where the curtains open, and the flounce narrowing down to a few inches on the outer edges. Nearly all bedroom curtains of this type are trimmed with coarse narrow lace from a quarter to half an inch wide. Some are trimmed with narrow ruffles of the goods. Ruffled Swiss curtains, indeed, are among the standard curtains that are always good style for the bedroom. They are also being extensively used in bungalow, breakfast and living rooms — especially where there is white or cream woodwork.

In general, there is a wide choice, and much latitude in selecting curtain materials. The color scheme and style of furniture should influence the choice. Whether the color scheme needs contrast or matching, in curtains, should be decided. Where there is a figured wall paper the side drapes, as well as the curtains themselves, should be of plain material. To bring out the color in a room where the wall paper is figured in several colors, the side drapes should be chosen to match the predominating color. For instance, suppose the paper to be figured in peacock or rose on a cream-colored background, the side drapes for the curtains should be peacock or rose, according to the predominating color of the design. The curtains themselves should be of cream-colored lace, net, scrim, or marquisette. If the room has walls of a plain or very unobtrusive figured paper, figured curtain materials will sometimes give life to the room. Cretonne curtains are used by interior decorators in rooms where odd chairs are covered with various patterns of cretonne, but this treatment requires a most experienced eye. A motley color scheme is best avoided by the average home decorator. Even when beautifully harmonized by an expert, the use of a number of colors and patterns becomes tiresome in a short time as plain effects never do.

Thin materials from which up-to-date curtains are made, include, besides those previously mentioned, muslin, Swiss, organdie, plain and Japanese crepe, cheesecloth, and all sorts of printed cottons.

Heavier curtains suitable for halls, living and dining rooms, are made from velvet, velour, burlap, terry, terry cretonne, ordinary cretonne, rajah and many sunfast fiber fabrics that resemble silks. Where heavy curtains of these materials are used in place of thinner materials combined with side drapes, the heaviest materials are faced. Velour and cretonne, whether used as a curtain or side drape, is faced with taffeta, China silk or sateen in plain colors of a more delicate tone, or a contrasting shade. Plain terry cloths are being faced with figured grenadines or printed ombre strips that rival damasks.

Side drapes are made of moire silk, China silk, pongees, silk and cotton mixtures, velours, cretonnes, and plain and figured crepes.

Whether curtains are good looking depends, finally, not upon the expense, but careful study of colors and lines. The clever and original homemaker, after she has decided what effect she desires, may pick up remnants for curtains from drapery or dress goods sales, or even her own scrap bag. If she is skilled with the dye pot, she may transform old portieres into much admired curtains. Good taste gets better results with curtains than money.

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Some Spicy Zephyrs

By Emma Gary Wallace

EVERY housekeeper knows how important good spices and flavoring extracts are in preparing the food of the average family. Some cooks are failures, in large measure, because they never acquire the art of seasoning properly.

French chefs tell us that the knack of seasoning is a gift and cannot be acquired by all. It would seem as though this were the truth. When foods are properly flavored, no one seasoning predominates, but there is an exquisite blending which delights rather than satiates. Spices particularly give piquancy and zest. Extracts are a little more elusive in their nature but just as necessary.

Before the government took a hand in regulating food and drugs, the word "spices," especially, had come to cover a multitude of things,— that is, many products sold as spices were blended and adulterated. Now the case is considerably different. People who wish to make a lot of money quickly are not permitted to do it by selling ground-up olive pits and lampblack and calling the mixture pepper. What they sell must actually be pepper.

Nevertheless, there is still a great deal of chance for difference in quality, and the housekeeper who wants good results should be careful to select the best. It is cheaper in the end to pay a little more for a first-class article than to purchase a poor or exhausted grade of material. It would be quite different, too, if she had to use a lot of any one spice, but as long as only a little is needed, it is wise to purchase that which is strong, rich and full-flavored.

Take cinnamon, for example. It comes in three forms,— whole, ground or powdered. Chinese cinnamon is the inner bark of a carefully cultivated cinnamon tree. There are several varieties of these trees also, some of them giving a a richer inner bark than others.

The Ceylon cinnamon bark is especially highly prized. It is collected by stripping the bark from the growing shoots. This bark is gathered in bundles and allowed to remain in that state for a time. A certain process of fermentation goes on which makes the separation of the inner and outer bark much easier. The inner bark becomes dry and curls up in the quills with which we are familiar.

Cassia bark differs from the Ceylon variety in that it is not rolled up so tightly, is of a redder and darker color and has a much rougher surface.

Whole cinnamon is used principally for pickling, and that should be selected which has a strong characteristic odor, otherwise it may be very old and have parted with most of its flavoring quality. The powdered cinnamon is what is used for home consumption, generally, and often comes in sprinkler-top cans. The openings in the can top should always be kept closed when the cinnamon is not in use, that its strength may not evaporate.

We are all familiar with the appearance of the ordinary clove. These are dried flower buds and are cultivated in the West Indies, Guiana, Cayenne, Sumatra, Zanzibar and the Molucca Islands. It is surprising to learn that the buds at first are a tender white, first turning green and finally becoming red. In the latter stage, they are promptly picked and dried in the sun. The best quality of cloves is large, dark brown in color, rather brittle, and when scratched with a pin show a dark, oily line.

The nutmeg is the kernel of the ripe seed of a tree called "Myristica Fragrans." The tree grows to twenty-five or thirty feet in height and looks something like a pear tree. The fruit is about the size of a peach and is round or oval

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in shape. When the fruit is ripe, it divides in the middle, and there in the heart is a nut-like body. The outer shell of this body has a distinctive flavor of its own, and is carefully picked off by hand, dried, and saved without breaking any more than is necessary. This outer covering is what we know as mace. The inner body is the nutmeg itself.

The mace is flattened out, dried in the sun, and sprinkled with salt water as a preservative. It is either sold whole or powdered, and has a characteristic orange-yellow color and a mild, pleasing flavor, something like the nutmeg and yet sufficiently different to be distinctive.

Both nutmeg and mace are largely used in the seasoning of milk and starchy preparations. The nutmeg has a slight narcotic property and is sometimes used where a quieting remedy is needed which is milder than an opiate.

The nutmeg itself is very interesting. In its natural state the nutmeg is of a round or oval shape and of a greyish-brown color, marked by irregular furrows. If we cut the nutmeg open, it is lighter in tint and crossed by reddish veins which contain the oil. The nutmeg has a spicy odor and a warm, aromatic taste. Its oil is of a pale straw color.

It was a custom among the Dutch people, at one time, to soak nutmegs in a solution of lime in water to destroy their germinating power and so prevent others to whom they sold them from planting and raising them. This process makes the nutmeg of a peculiar white color, and there is still some demand in some parts of the world for the "white" nutmeg.

It would seem as though an honest, everyday nutmeg could not be adulterated as long as it is left whole, or tampered with as to quality. But unscrupulous people have been known to bore a hole through the middle of each of a large quantity of nutmegs, boiling them with water in order to extract the oil. The hole was then plugged up and the nutmeg sold. Naturally, what was left had little more flavor than a genuine "wooden nutmeg."

Allspice is not a mixture of all kinds of spices, as some people think. It is the dried, unripe berries of the pimenta, a tall, rather handsome evergreen tree, native to such climates as the West Indies. It grows abundantly in the Island of Jamaica and in consequence is often called "Jamaica pepper."

Allspice berries when dry are round, rather rough and wrinkled, and of a brownish color, having an agreeable aromatic odor which resembles a mixture of cinnamon, cloves and nutmegs,—hence the name.

Allspice is slightly stimulating and carminative in its effect, and so has a place among recognized medicines. In using allspice in cooking, only a very little should be used, or there will be a bitter predominating flavor, disagreeable to most tastes.

Black pepper is the dried, unripe fruit of a perennial, climbing vine cultivated in tropical countries. The best pepper is said to be that which grows in Malabar, although some other localities produce excellent grades, also. Some of the pepper we buy is mixed or blended, being composed of different kinds ground and sifted together.

Red pepper is the common name of cayenne pepper. It is the fruit of a tropical plant known as "capsicum." It is a native of the East Indies and our own tropical America, where it is often called "Chillies." It is cultivated in other tropical countries, also.

The fruit is a light, shining-coated berry of a bright red or reddish-orange color. It has a faint, peculiar odor and a hot, biting taste. When the berries are dried and ground, we have a bright red pepper which loses its high color by age or exposure.

Paprika is a mild variety of capsicum, with a slightly sweetish taste, and is favored in cooking in preference to the stronger variety.

Mustard is the seed of the mustard

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plant, and should be absolutely free from adulteration or coloring matter. The seeds of one variety are small and black and inodorous when whole, but exhale a pungent odor when crushed. White mustard seeds are larger, of a yellowish color, and milder in taste. The seeds contain mustard oil which has a peculiar penetrating and irritating odor. The mustard gas of our recent warfare was so named because of its likeness to volatile mustard oil.

In making a mustard plaster, most people use hot water. This is not the proper way. Cold water, or that at ordinary room temperature, should always be employed to obtain satisfactory results. Boiling water destroys certain qualities and drives off the volatile oil, consequently a mustard plaster made with hot water will not be nearly as efficient as one made with cool water.

If a mild mustard plaster is wanted, use one tablespoonful of ground mustard to four of flaxseed meal. Prepare by first cooking the flaxseed meal in water, stirring constantly so it will not burn. Allow to become lukewarm, then beat in the mustard. Or a paste may be prepared by using one part of mustard to four of flour, using lukewarm water to blend with. A mustard paste mixed with white of an egg, or equal parts of egg white and water, is heating, without having the tendency to blister so rapidly.

In preparing table mustard, few housewives get it of the right strength. It is either too hot or has a raw taste. Try the following rule:

Powdered mustard, 3 teaspoonfuls
Table salt, ¼ teaspoonful
Powdered sugar, 1 teaspoonful
Cider vinegar, 6 tablespoonfuls
Water, 2 tablespoonfuls

If a still milder dressing is required, use the same rule, substituting two tablespoonfuls of olive oil for the water, and add one teaspoonful of flour. Rub the flour, mustard, salt and sugar together until free from lumps. Blend the oil with this and the vinegar. Cook in a double boiler. If a little too thick, thin with a tablespoonful of hot water.

Ginger is the dry root of the official zingiber, which is a native of the East Indies, but cultivated in nearly all tropical countries. The fresh root is in different sized pieces, of a light yellowish ash color, with a decidedly yellow tint to the interior root part.

When these roots are young, they are often preserved by cooking in sugar, making the sweetmeat with which we are familiar. When the roots get old, they are dug up, scalded in hot water and dried. This is what is known as "black ginger." If, however, they are scraped and cleaned by a suitable process which removes the dark skin, we have the familiar lighter-colored ginger. These roots are again sometimes bleached in a solution of milk of lime.

Ground ginger used to be adulterated with rice starch, flour, turmeric, brick dust, and even chalk, a little capsicum being added upon occasions to increase the flavor. Exhausted ginger naturally is more tasteless than that of full strength.

Syrup of ginger is convenient to have on hand for preparing summer drinks. It is made by taking one part of the tincture of ginger to seven parts of syrup. A few drops of this can be added to carbonized water, lemonade or fruit punch to give it zest.

Turmeric is the root of an East Indian plant known as "Curcuma." It has a characteristic yellowish color and a peculiar taste. It is used as a dye-stuff and as a condiment. It is one of the main ingredients of curry powder. The ingredients for curry powder should be freshly ground and sifted together through a fine sieve, after which it is important to keep the powder in a closely stoppered bottle. Different manufacturers and cooks have favorite formulas of their own. A mild curry powder may be prepared according to the following rule:

Ground mace	1 dram
Ground allspice	1½ ounces

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Ground cumin	8 ounces
Ground turmeric	8 ounces
Ground coriander seed	16 ounces
Ground black pepper	14 ounces

If you wish to prepare some celery salt at home at a minimum of cost, get one ounce of ground celery seed and mix with four ounces of common salt. Put in a salt-shaker.

Spice plasters enjoy a considerable reputation for their medicinal value. One rule for adult is:

Red pepper	1 ounce
Ground cinnamon	1 ounce
Ground cloves	1 ounce
Rye meal	1 cup

Sift together and store in a tight can.

When a spice plaster is needed, take sufficient of this basic mixture and blend with equal parts of honey, alcohol and water, and spread upon a piece of closely woven cotton. Apply to the surface where a counter-irritant is needed. If this proves over-strong, it can be reduced by adding some rye meal or ordinary flour.

Or, a milder spice plaster, intended for use upon a child, may be improvised by taking one-half teaspoonful, each, of cinnamon, cloves, nutmeg and allspice, and blending with a third of a cup of lard. Spread thinly upon a piece of cheesecloth, and cover with the same material. For an older child, a half teaspoonful of ginger could be added to this.

Flavoring extracts are made by dissolving characteristic flavoring materials in a spirit. It is a simple matter to make orange and lemon extract at home at small expense. Save the lemon or orange peel from the table or used in cooking. It is well to wash and scrub the skins before the peelings are removed. Take a sharp knife and trim the yellow outer portion away carefully from the white, inner lining. This inner lining contains a bitter principle which we do not wish. The outer parings will be wafer-like in their thinness, but we can plainly see the little oil sacks which contain the ch material we are after.

Drop these clippings into a wide-mouthed bottle, of course keeping the lemon and orange separate. Cover with a mixture made of equal parts of pure grain alcohol and water. When any more orange or lemon peel are used, trim and drop in the bits. Let stand at least six weeks or longer. Filter or strain through several thicknesses of muslin. Bottle for later use.

The making of vanilla extract is a more difficult process, and the best grade of vanilla bean itself is very expensive. If one wishes to take the time and pains, however, a superior product may be made which is perfectly pure and of a rich, fine flavor.

Take one-half ounce of vanilla and snip into short crosswise portions with sharp shears. Drop into an iron mortar with an equal quantity of coarse white sugar. Pound with a pestle until beans and sugar are reduced to a coarse powder. It is necessary to break up the small seeds inside the bean which contain the oil. Put this powder into a wide-mouthed bottle and add sixteen ounces of diluted alcohol. Tightly stopper the bottle and set aside for three months, shaking frequently. Filter through a filter paper or strain through a layer of cotton and folded cheesecloth. Bottle and cork tightly.

The new thrift is going to prompt us to do the best we can with what we have at hand with which to work, and in order to do this, we must all learn to be discriminating buyers and careful users of the quality materials which we purchase with our money.



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Milk and Its Products

By Anna Barrows

Instructor in Cookery, Teachers College, Columbia University

NOT only in cookery classes, but with all grades of children old enough to have positive ideas about their own food, some lessons on milk should be given every year.

The high prices which have prevailed of late for milk and its products make it desirable that the relations of producer and consumer should be discussed in an unprejudiced way even with the children. In a very few years they are to be the producers or purchasers of foods, and should realize even now that there are two sides to each story. Milk affords one of the best fields for lessons in cleanness.

The city child is sent to buy "loose" milk at the corner store, and at home may be trusted with the filling of the baby's bottle, hence should be taught that everything which touches milk must be clean.

The country children also need the lessons in sanitation, and in appreciation of this important food, for which they often have the contempt due to its abundance, and that because it appears to have little value at the prices it usually brings on the farm.

An interesting lesson in milk production and distribution may be connected with geography by finding pictures and descriptions of the different animals from the goat to the reindeer, which are depended upon for milk in all parts of the world. Or again by stories and quotations, as was suggested in previous lesson on eggs. The dictionary and encyclopedia will help here.

How much milk daily should a child use in soups, puddings, on cereal and to drink? What about the grown-ups?

The teacher, then, may explain that doctors, nurses and other people anxious to keep people well, are constantly studying the food we eat to see which kinds make us most comfortable and able to do our share of the world's work.

Such people tell us that every child should use a quart of milk a day, and that the grown persons better have at least a pint. Where this is provided little meat is required. At present prices the fat and protein required are less costly if secured through milk than from eggs and meats.

The picture of the baby looking at the bottle of milk which is his daily food, in "Food for the Family," by Mary Swartz Rose, may be used to illustrate these points. (The baby in the picture is the son of the author of the book.)

Even were the price of milk much higher than it has been for the past year, we are advised to use it just as freely, but people have been trying to do with less because it now costs so much. That means that fewer farmers will keep cows to send milk to the cities. Often a man can sell hens or cows for meat for twice as much as he could to anyone wishing to produce eggs or milk.

This is partly due to the high cost of food for animals as well as people.

The Farmers' bulletin on "The Use of Milk as Food," may be depended upon to furnish facts for such lessons as this. Later leaflets issued during the war by the Food Administration and many states will also be of service. The cottage cheese campaign resulted in collections of recipes, which doubtless are in many homes in every community. By application to the state college of agriculture in season, a teacher can secure enough leaflets for each pupil to take one home on some of these subjects. The teacher should supply herself with desk copies, at least, of bulletins from the United States Department of Agri-

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culture, the Children's Bureau, etc., and use such as supplementary reading in the classes whenever it is possible.

"The Chemical Composition of American Food Materials" should be at hand to use like a dictionary whenever a new type of food is being considered.

A comparison in values may be put on the blackboard in numbers, but better yet shown in exhibits. These are not difficult to work out according to local prices. The calorie value is given in several of the pamphlets named above. Always do these things in the simplest way, that children may grasp the point without its being smothered by exact figures. The mothers have not been willing to study food values, mainly because we have insisted on their doing it in a hard way.

For example: the same measure of milk and of solid oysters are about equal in food value, each is nearly nine-tenths water, yet we are willing to pay three or four times as much for a pint of oysters as for a pint of milk, because there is more flavor, not more nourishment, in in the oysters.

In the same way eggs may be compared with milk. The milk has 12 to 13 per cent solids, and the egg about twice as much, hence in round number it will take a pint of milk to supply as much solid matter as would be gained from a cup of shelled eggs. That might be four large eggs or five or six small ones. What would be the relative cost of that number of eggs and a pint of milk at our homes, or the stores where we buy food? Would it be the same the year around?

The milk, oysters and eggs are taken for comparison because their solids are of the same kinds, in the main, fat and protein.

During the war we were urged to use milk and cheese in place of meat, because each pound of milk consumed would leave one-third a pound of meat to send abroad, and since a pound of cheese contains only about half as much water as most meats, hence it is about equal to two pounds of meat.

Skim milk is seldom appreciated at its full value, so another group of number problems might be given with that as a basis.

From the percentage of butter fat in milk and in known grades of cream, decide whether the high price of cream is justified. If a quart of milk would yield a half cup of cream, which, if purchased separately, may cost more than the quart of milk, are we not getting a large by-product in the three cups or more of skim-milk, useful for making chocolate, puddings or soups? Experiments in using rennet tablets will show the amount of solid food in skim milk, as the curd separates from the whey. Skim-milk made into cottage cheese is said to furnish seven times as much energy as the dressed pork that the same amount of milk would produce.

There are many phases of the milk and meat questions that may be covered in a review arithmetic lesson or in the routine of number work.

A leading authority on agriculture once contributed to a farm journal an article on the "Cow as a Manufacturer," giving these points, which apply in studying the relative economy of meat and milk, whatever their prices.

A cow weighing less than 900 pounds gave in one year milk weighing 6,500 pounds, containing more solids than her own weight, over 900 pounds. She produced in one year as much human food as would be contained in the bodies of three or four steers.

Putting it in another way, the cow did as much in a day as a steer would in a week in supplying motive power to the human race.

Some estimate might be made by children of the time required to take care of a cow and of the milk.

If there are a thousand people in a town, and each one is to use even as little milk as one cup a day, how much will be required for a week? When New

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York City first began to reach out long distances for milk, one railroad in 1842 brought in less than half a million quarts in a whole year. In 1850 the daily consumption of milk in the city was about 150,000 quarts each day. Now the milk required is approaching two million quarts for a single day, and some of it comes hundreds of miles.

Even a little wasted in each home makes a great deal of unnecessary work for somebody on the railroad and the farms, so last year the government asked everybody everywhere to be careful. This is what was told us :

"If every home — there are 20,000,000 of them — should waste on the average one-half cup milk daily, it would mean a waste of 2,500,000 quarts daily — 912,500,000 quarts a year — the total product of more than 400,000 cows. It takes a lot of grass and grain to make that much milk and an army of people to produce and deliver it."

Though the war is over, we must be just as careful, for the cost of wasted food really must be added to that which is used.

Another simple exercise, which is useful in getting children to express themselves, is to let them tell all the milk products they can think of, including every food which has even a little milk put in it.

This would include the sour milk doughs, as well as the cottage cheese and the freshly clabbered sour milk, eaten like blanc-mange with cream.

Buttermilk and the fermented milk beverages may be mentioned; the increasing use of condensed and evaporated milk and milk powders. Where there is opportunity for some cookery, there may be more novelty in using the dry milk.

A glass of sour milk, or a bottle left till sour, will give some hints of the composition of the food. On top is the fat in form of cream, and below is the curd, all the better if it has begun to separate from the water. Sometimes the fat from a quart of milk may be put in a half-pint jar and the cover screwed in place, and then it is shaken until the butter begins to form. This has been done with kindergarten children even to show them the source of food, and the butter they had made was then spread on crackers for them to eat.

The making of cheese may readily be illustrated with a rennet tablet. Any child ought to be as capable of memorizing the average composition of milk as the capitals and boundaries of states, and the information may be quite as useful in after life.

Butter and cheese each might be given a lesson by itself. There are many quaint customs associated with both that are worth using to give interest to an everyday subject. Set the children watching themselves to see how much the butter they eat each day costs.

Some butter may be melted in a glass measure cup or common tumbler to show that it is not all fat, and that butter may have a disagreeable taste when there is much sour milk in it, but if melted in this way the top may be used for sauce or soup and the lower portion be put in with sour milk for making cornbread, etc.

The importance of milk and butter as protective foods has been much emphasized of late. Perhaps the best reference for popular use may be found in "The Newer Knowledge of Nutrition," by E. V. McCollum, pages 150 to 153, which is too long to be quoted here.

Milk cookery is simple and the essential points may be covered with little apparatus. The use of a double boiler or substitute should be explained and advised. A blanc-mange stiffened with gelatine or cornstarch would be easily made and illustrates several points.

See if the dictionary tells us what this name means. Would it be quite right to speak of a chocolate blanc-mange?

Ask every pupil to write a list of foods for the day, that would use a quart of milk for each member of the family.

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Then on the blackboard make a week's menu comprising the best suggestions. For example:

Breakfast,— Cocoa, cereal with top milk, buttermilk cornbread.

Dinner,— Cream of tomato soup, salmon loaf with white sauce, baked potatoes, chocolate pudding.

Supper,— Corn chowder, cottage cheese salad, cup custards.

For some visiting day, picnic or school festival, milk may be exploited in the refreshments prepared at the school house. Some mother will lend an ice cream freezer and a milk-and-fruit sherbet or junket ice, can be put together in the yard under the direction of the teacher.

Sandwiches of cottage cheese may be of several varieties, either salad or sweet. Dressing, chopped pickles, nuts, peppers, olives, or celery alone or in various combinations go well with the cheese. For sweet sandwiches, blend the cheese with chopped dates, figs, raisins or jamor jelly.

That ice cream is a real food will be a surprise to many children who think they eat it merely "for fun." Doubtless there are many households, in which an ice-cream freezer might be introduced with profit and be a means of keeping the boys and girls closer at home. A problem in that connection would be to compute how many cones or sodas would pay for a freezer.

A quotation on the blackboard occasionally is a more useful lesson than any other, since it serves to catch the eyes wandering from set tasks and therefore ready for anything outside.

In "Diet in Relation to Age and Activity," an English physician, Sir Henry Thompson, said this in praise of milk:

"Milk, with which, on Nature's plan, we have all been fed for the first year or thereabouts of our lives, and during which term we made a larger growth and a more important development than in any other year among the whole tale of the life which has passed, however long it may have been."

Other authorities have also recorded their appreciation of this food.

"Health, Strength and Happiness." By C. W. Saleeby, M. D. In Praise of Milk:

"Search earth and sky, the inorganic and the organic world alike, you will find that only once has Nature set out to make a food — something which exists in order to be a food, and for no other purpose. You cannot say this of the sheep or the egg, or the cauliflower.

"Having made only one effort in this direction, Nature has turned out a masterpiece. Milk is the characteristic food of the mammalia, of whom we are the last and first. The last shall be first in the principle of evolution, you know. . . . No mammal ever reached maturity without milk. No milk, no man."

U. S. Department of Agriculture, Office of Experiment Station, Bulletin 227 (Sept. 9, 1910). Calcium Magnesium, and Phosphorusin Food and Nutrition. Henry C. Sherman, et als., p. 70. Conclusion.

"Experimental dietary studies have shown that it is entirely feasible to increase largely the calcium and phosphorous intake by making a more liberal use of milk in the dietary. The same may, of course, be said of the various milk products in which the calcium and phosphorous compounds are largely or wholly retained, such, for example, as cheese, junket, kumiss, butter milk, or cream.

"This is probably the simplest and more effective means of improving the dietary as regards calcium and phosphorous compounds, without decreasing its acceptability or materially increasing its cost, and with distinct advantages in other directions."

Milk as Meat and Drink

By Flora Rose and Lucille Brewer

Is it patriotic to use less milk? No! The more milk we use at present, the better it will be for the country. Under present conditions of handling milk, many counties in this state are producing more

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than can be marketed. The housekeeper has been frightened by the increase in the cost of food and has cut down on her use of milk, butter and cheese. Existing factories are not organized to handle the extra milk thus released. As a result, milk is being returned to the producer and is thus being used in ways less desirable than as human food. Unless something is done to counteract this, the farmer, who is producing more milk than he can sell at a reasonable profit, will not keep so many cows next year. A real shortage of milk will then occur, and milk prices in consequence will soar.

Will it reduce the cost of living to use less milk? No! for milk is now the cheapest animal food. One thing a housewife needs to know, in planning the daily meals, is that they should contain some animal food — meat, fish, poultry, eggs, milk or cheese. One cannot be vigorous and at one's best without it. Grain is needed to produce these animal foods. The animal food that takes the least grain to produce a given amount of nourishment is milk. This means that if we use milk in place of other animal foods, (1) we are saving grain, and (2) we are buying for ourselves the cheapest form of animal food. We may not like milk so well as meat, but it really costs less.

Innocents

By Doris Temple Scott

NURSE FREDERICK attempted to smooth the tired lines from her eyes with the help of a bright little smile as she grasped the breakfast tray firmly in both hands and pushed the door open with her foot.

"*Pane, pane,*" at once shrilled two little foreign voices. The cry was significant of what breakfast had invariably brought and the smile deepened on Nurse Frederick's face as the little scene now familiar to her for the past four days of convalescence, became revealed.

Two little cots, side by side, each containing an olive-skinned, black-haired mite of Italian humanity, set in startling relief against the spotless white of the hospital pillows.

"*Pane, pane,*" and they patted the coverlet, keeping their round, black, bright eyes fixed in ardent expectation on Nurse Frederick and the breakfast tray as she advanced toward them.

The hot food, the cleanliness and the gentle treatment were all like a dream, wonderfully realized, to these two little crowlets, summarily dragged from their rough nest by the claws of the great epidemic.

"*Buon giorno,*" ventured the nurse with such a wretched accent that the children squealed with laughter and could only be silenced by the adjustment of the tray and preparations for eating.

The twins, Tina and Lui, knew no English, but their bright, speaking eyes expressed the devotion they felt for the girl who had carefully nursed them through the pain and tedium of sickness and who brought them unfamiliar and delectable things to eat and was the source of comfort generally. For her sake they would swallow the bitterest of medicine without a whimper and submit to the adjustment of a thermometer without a struggle. As to Nurse Frederick, she knew that with their departure would go one of the few bright spots of her overworked existence. They were like two little animals with their dark skins, bright, trusting eyes and quick ardent little gestures of affection,

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and like animals they had been won by kindness and feeding. Not to hear "*pane, pane,*" at seven-thirty in the morning would be a loss indeed.

Breakfast over, Nurse Frederick left them to the delights of a vividly-colored picture book and the casual supervision of a probationer. The epidemic was providing work for twice the number of available nurses so that one had to take up the tasks of two.

Tina and Lui, with their cast-iron constitutions hardened on the street, recovered rapidly, and it was not long before the day came when they must leave the hospital. Early in the morning Signor Bonomi appeared, looking a little pale, in spite of his laborer's sunburn, rather painfully "Sundayish" as to attire, and carrying a large bundle under his arm.

Nurse Frederick made a hasty arrangement of her duties which enabled her to hurry to the children's ward and give aid to the little ones up to the last minute of their departure.

The children stood in the middle of a litter of perfectly new clothing about which they were in the highest state of excitement, handling them with the utmost delight, shouting happy exclamations and chattering to their father who stood by watching gravely and interfering gently when a dispute arose as to whose possessions were the finest.

But, at last, they were ready, and with much talk of "*madre*" urged their father to hasten. With the volatility of children they had forgotten Nurse Frederick and it was "*madre*" now, making quick interrogations of their father to which he gave no response. His extreme quiet at last caught Nurse Frederick's attention and glancing into his face met his eyes which, through a veil of grief and tears, seemed to plead with her to excuse his weakness and help him.

"They will not see their *madre*," he explained huskily. "Da great seekness she taka my Maria and my little ones go to Children's Home," with an expressive gesture toward the new clothes.

Nurse Frederick's heart gave a choking contraction as she watched the twins in deep admiration of themselves, fingering the garments and feeling that life was being very wonderful to them. The wretched irony of it all came over her. The helpless little ones so innocent of the terrible significance of their finery, which so rejoiced their hearts as they chattered of *madre*!

Nurse Frederick held them closely, with the deep instinct of motherhood to protect which her profession had strengthened, and kissed each one goodbye. She dared not look again at the father and, as the joyous little voices died away, wondered bitterly if every cloud of gold was darkly lined.

Kingship

If I were a king, with my hand at the helm
Of a wealthy and prosperous state,
If chancellors, statesmen and peers of the realm
In my audience hall stood in wait —
If I were a king in magnificent pomp
With half the world under my sway,
I'd hang up my crown and I'd go for a romp
With my own little boy every day —
If I were a king.

If I were a king on a gold-studded throne
With millions of men at my call,
But without any dear little son of my own,
I wouldn't be happy at all.
If I were a king, and had no little lad
To drive all my worries afar,
I'd gladly exchange with the humblest who had,
And be just a common papa —
If I were a king!

— *Frederick Ames Coates.*

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Redemption

A song I heard, I know not where,
That sang in my heart all day,
And when at night to rest I went,
It sang my sleep quite away.

That song with magic words I learned,
And made it my very own,
And ever since sweet rest I've had,
And peace I never had known.

A prayer I read, I know not when,
That told itself o'er and o'er,
As beads upon mind's rosary,
And meant to me little more.

That prayer I sent, in sorrow's time,
To God with faith in my heart;
'Twas answered, and I made it then
Of my very life apart.

A word once came, I know not whene,
That throbbed itself through my mind,
Like fevered heart beats in the veins,
Seeking relief to find.

That word I took out in the world,
And turned it into a deed,
And ever since it has been to me,
An inspiration and creed.

Hattie H. d'Autremont.

READJUSTMENT

IN the readjustment of affairs economic after the war to normal conditions again are any people to be regarded as exempt from co-operation? The unanimity with which people went into the conflict was phenomenal. Nothing like it has been recorded in history. Now in the effort to pay the enormous expenses of the struggle into which we were so reluctantly drawn and to adjust matters to a state of peace, all it seems should sacrifice something and share alike in the responsibilities of the task. On what ground can any one claim exemption therefrom? Certainly those who from any necessity stayed at home did not fail to do their bit. They were willing to sacrifice and work and contribute to the limit of their strength and resources. A young woman, who was remonstrated with by a friend for not eating the food that had been set before her, exclaimed, "if I could send that portion of food to the men at the front, I would eat grass for sustenance."

People do not like to pay taxes. Involuntary taxation is ever a source of the greatest annoyance. The government or party that does not face and advocate low rates of taxation is sure eventually to excite trouble and suffer defeat. Low rates of taxation are incentive to economy and thrift, the steady practice of which is the salvation of all social order. Especially is this true in the case of our so-called farming class. "No national economic policy is sound, nor can it long endure, that fails to give due consideration to our great creative class, nor in whose counsels the farmer's voice is not heard."

"For nearly three years the American people rejected all evidence as to the sinister and brutal motives of Kaiserism, accepting instead fairy tales, spun by the pacifists, to show that the brotherhood of man was established on earth, and that war would come no more. In blood and money we are paying the penalty of our

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unbelief. It is as dangerously unwise to reject a truth because it is disagreeable as to cherish an error because 'beautiful, if true.' People who do the one usually do the other."

We united to push a most stupendous undertaking to a successful issue; now let us unite in the readjustment of our industrial and social affairs to the normal basis of peace, that our efforts may not have been entirely in vain.

THE PRESENT CRISIS

IT seems to us that the United States has quite enough to attend to at home at the present time. Why should we aspire to mix up with the affairs of Europe, Asia and Africa? Has it not always been, and is it not now, our policy to live and let live, with good-will towards all men? We have stoutly maintained, also, that people every where have the right to choose their own form of government without let or hindrance from others. Likewise, if at any time they are not satisfied with existing conditions, they are at liberty to reform or change them at pleasure. Certainly people are free to choose their own form of government and work out their own salvation; this has been our old-time policy.

Like other Utopian dreams the millennial age is approached slowly. Something in the way of reform may be needed in our own democratic form of government. The development of our agricultural resources is far from being in a wholesome and satisfactory condition. Our labor problems are unsolved and are ever increasing in perplexity; while the remodeling and improvement of our school system to meet the exigencies of the day is an imperative need.

That is a good suggestion, somewhat current of late, that, as a people, it be our role to teach by example rather than by precept. Let us conduct our industrial and social affairs in such an efficient and exemplary manner that other nations, seeing, may be influenced thereby and wish, in a measure, to learn of our ways and set up something like our form of government.

THE GOOD WORKMAN

NOTHING of great worth can be attained without long, continuous and hard work. The notion of a short cut, a royal road to wealth or fame, is misleading and baneful. Every sincere man and woman is a worker and a steady, agreeable occupation is the longed-for goal of all. There is no drudgery in work unless, as individuals, we make it so. Regarded as service to some great cause or a betterment to human welfare and all work is ennobling.

"It is impossible to separate the means of livelihood from spiritual well-being. The real merchant is a benefactor, not a trafficker." So with all other forms of industrial effort. A steady, suitable occupation for everybody, then, is the one thing desirable in these restless days of transition. The spirit of thriftiness is to be cultivated on every hand and in every calling, to the end that we may maintain peaceful, contented homes and serve some useful purpose in our day and generation. The subject of labor is the most important question in the world today. It calls for mature study and thought in its settlement.

ENGINE TROUBLE

IF you are a proper automobilist you have two major impressions about your car: First, the power and dependability of the machine. Up the bad grade, through the mud or rolling off the swift miles hour after hour along macadam, you really wonder at the way the contrivance performs. And second, how little a thing will put it all to the bad. An obstacle the size of a pinhead, injected at a vital point, will paralyze it.

You know well enough by this time that we bungled a good deal of war business shockingly. Airplanes, ships, machine guns, cannon — those and other things that we were in a desperate hurry for seemed to get into a hopeless snarl,

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and production fell miles behind where it should have been. We bitterly blamed a good many individuals. Some individuals were bitterly to blame. Yet able men were engaged on some of the programs that got tangled and away behind.

We tried to shift swiftly and under tremendous pressure from peace production to war production. It looked rather simple on paper. But the industrial machine, along with its enormous power, is an affair throughout of delicate balances, adjustments, correspondences.

To anybody who really knows anything about it, it is irritating to hear people talk of a highly evolved national industry as though it were something you could turn upside down, lay on its side, jerk out a handful of spark plugs from, or perform any other fanciful experiment upon, as easily as one can arrange a set of wooden blocks in any pattern his imagination suggests. — *The Saturday Evening Post.*

THE BALLOT

The final end and aim of every revolution — the only lasting result that can be gained from one — is the ballot. If Americans have not the simple common sense to use it wisely and to elect honest leaders who will pass honest laws — not for any one class but for all classes — how can they possibly expect anything good to come from self-elected leaders who selfishly seize power for themselves and a small group of followers?

The answer is that the men who advocate the sort of practical Bolshevism that is at work in Russia today, and they are almost all unnaturalized foreigners, do not want honest leaders or honest laws — they want a chance to loot. Anything except miracles that the majority really wishes for in this country it can have at the next election. But let no one imagine that the old, simple, fundamental laws of life and health can be repealed, even at the polls. — *Exchange.*

Brewers are changing their business, making their great plants productive of economic wealth in a great variety of manufactures, chiefly of foodstuffs; which shows how adept is the typical American business man.

Note the article on "MILK AND ITS PRODUCTS," in this issue.

ONE DAY IN SEVEN

The following card addressed by a minister to the members of his congregation is worthy of consideration by other ministers and congregations. The words are timely and appropriate to the exigencies of the present day:

Dear Fellow-Citizens: With no wish to commit undue trespass upon your privacy or attention, but solely in the interest of our common welfare as citizens of our home-community, the State, and the Republic, may one be permitted to call attention to the following; namely, that the well-being of men demands one day in seven for periodic rest, recreation, and inspiration? Cessation from ordinary labor provides the first; the family circle and the wide out-of-doors the second; and common worship, upholding eternal ideals and heartening men to do their uttermost to transmute what is into what ought to be, the third. Has not the time come to reflect that *all* of Sunday spent in rest and recreation endangers this day so necessary to mankind; and that, without the sanction of religion, Sunday will soon cease to be? Unless the holiday of biological origin is also the Holy Day of spiritual aspiration, men will neither reverence nor obey law in this universe of law. Personal safety will be threatened, and property will depreciate. Unity is never so complete nor just law so strong as when men, in common worship and communion, voice together, "Our Father!" To such human loyalty to ideals divine "Sunday is the golden clasp that binds together the volume of the week."— A. W. L.

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PLANKED HALIBUT, ST. VALENTINE STYLE

Seasonable and Tested Recipes

By Janet M. Hill

IN ALL recipes where flour is used, unless otherwise stated, the flour is measured after sifting once. Where flour is measured by cups, the cup is filled with a spoon, and a level cupful is meant. A tablespoonful or teaspoonful of any designated material is a LEVEL spoonful. In flour mixtures where yeast is called for, use bread flour; in all other flour mixtures, use cake or pastry flour.

Broiled Live Lobster

COOK the lobster in boiling water about fifteen minutes, allowing the water to simmer very gently, after the first two minutes of boiling. Split the lobster lengthwise from the mouth downwards through the center of the tail. Remove the stomach and the intestinal vein; sprinkle generously with melted butter or other fat and let cook about five minutes, split side up, over a rather dull fire. Break open the claws, set on a hot plate and surround with parsley. The flesh may be removed from the shell before sending the lobster to the table, but the shell helps to keep it warm while being eaten.

Planked Halibut, St. Valentine Style

(to serve eight)

Select a solid piece of chicken halibut, cut the entire width of the fish and below the opening in the body. It should be about two inches thick and weigh nearly three pounds. Trim the ends, rinse in cold water and wipe dry. Put a fish sheet thoroughly rubbed over with fat in an agate baking pan; on the sheet dispose half a dozen slices of onion, and on these lay the fish. Squeeze the juice of half a lemon over the fish, dot with bits of butter or strips of fat salt pork and pour around a full cup of broth. Cook about thirty minutes. Have the oven hot, at first, then let cool to a very moderate heat. Baste six or more times with the liquid in the pan. Season with salt when half-cooked. Transfer the fish to a hot, hardwood plank. By lifting the fish on the sheet from the pan, it may be easily pushed from the sheet to the plank in perfect shape. Pipe hot mashed potato (there should be about three pints of mashed potato) around the fish. Brush over the potato with the beaten yolk of an egg, diluted with one or two tablespoonfuls of milk. Set the plank into a hot oven to brown the edges of the potato. Spread the fish with butter, creamed and mixed

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with lemon juice and fine-chopped parsley. Then fill the space between the fish and potato with hot peas, seasoned with salt, black pepper and butter, and string beans seasoned as the peas. Set boiled onions at the ends; make a depression in the onion and insert salt and a piece of butter; set shreds of pimiento above each onion, and hearts cut from cooked carrots through the peas and beans. Finish with flowerets of cauliflower across the center of the fish. To change the color, use shreds of green pepper in place of the pimiento, and hearts, cut from beets, in place of the carrots; string beans may be used the whole length of the fish on both sides and peas in heart-shaped timbale cases (fritter batter) may be disposed above the fish. Serve drawn butter sauce or Hollandaise sauce in a bowl. Additional onions should be served in a separate dish.

For other occasions other shapes of carrot or beet may be selected.

Hollandaise Sauce

With a small wooden spoon beat half a cup of butter to a cream; beat in the yolks of from two to four eggs, one at a time; beat in one-fourth a teaspoonful, each, of salt and pepper. Set the dish over boiling water; add half a cup of boiling water and stir vigorously until the mixture thickens a little, lifting the saucepan from the water, occasionally, lest it cook too fast and curdle; turn into a cold dish and beat in the juice of half a lemon. If preferred, start out with half the butter, and beat in the last half by degrees. With four yolks the sauce is of the consistency of mayonnaise.

Mock Hollandaise Sauce

Cook two tablespoonfuls of vinegar with four or five peppercorns, in a tiny saucepan, till the vinegar is reduced somewhat (two or three minutes). Pick out the peppercorns; add one-fourth a cup of ordinary white or cream sauce and set over hot water. Beat one-fourth a cup of butter (or substitute) to a cream; beat in the yolks of two eggs, one at a time, and beat into the white sauce; when the egg is cooked beat in two tablespoonfuls of butter, a little at a time, one-fourth a teaspoonful of salt and the juice of half a lemon.



TURBANS OF FISH WITH OYSTERS OR SHRIMPS

Turbans of Fish with Oysters or Shrimps

Use any fish from which filets may be taken. Flounder is good, cod or haddock may be used. Halibut was used in the illustration shown. Two slices, cut half an inch thick, gave eight filets. Have some pieces of carrot; dip them in melted fat, and roll each filet around a piece of the carrot. By dipping the

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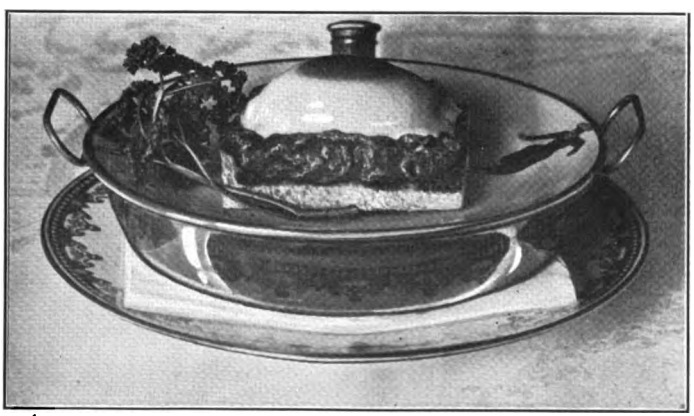


CREAMED OYSTERS IN SWEDISH TIMBALE CASES

carrot in fat before use, it will slip out with ease when the fish is cooked. Run a wooden toothpick, dipped in fat, through the ends of the filets to hold them in place. Set the filets in a greased pan. Have ready fish broth made by cooking the trimmings, bones, skin, etc., of the fish with a few slices of carrot, onion and celery, covered with cold water, about twenty minutes. Pour broth around the filets. Let cook in the oven about fifteen minutes, basting two or three times with the broth. Heat a pint of oysters to the boiling point in their own broth; drain off the broth and use with what is needed of the fish broth in making a cup and a half of sauce. At the last, beat in one or two tablespoonfuls of butter, a little at a time. Add the oysters to the sauce and keep hot. Shrimps may be used in place of the oysters. Shape well-seasoned mashed potato in round cakes, egg-and-bread crumb and fry in deep fat, or simply dip the edge of the cakes in fine-chopped parsley. Set a turban on each potato-shape, fill the open center with the oysters and sauce, and serve at once. Serve remaining oysters and sauce in a separate dish.

Creamed Oysters in Swedish Timbale Cases

Pour one-fourth a cup of cold water on a pint of fresh-opened oysters: look over, one by one, to remove bits of shell. Heat quickly to the boiling point, drain and cut in halves. Melt two tablespoonfuls of butter; in it cook two tablespoonfuls of flour and one-fourth a teaspoonful, each, of salt and pepper; add three-fourths a cup of the broth and one-fourth a cup of cream, and stir until boiling; serve hot in the cases.



MEAT RECHAUFÉE WITH POACHED EGG, HOT WATER COMPARTMENT BELOW PLATE-LIKE TOP

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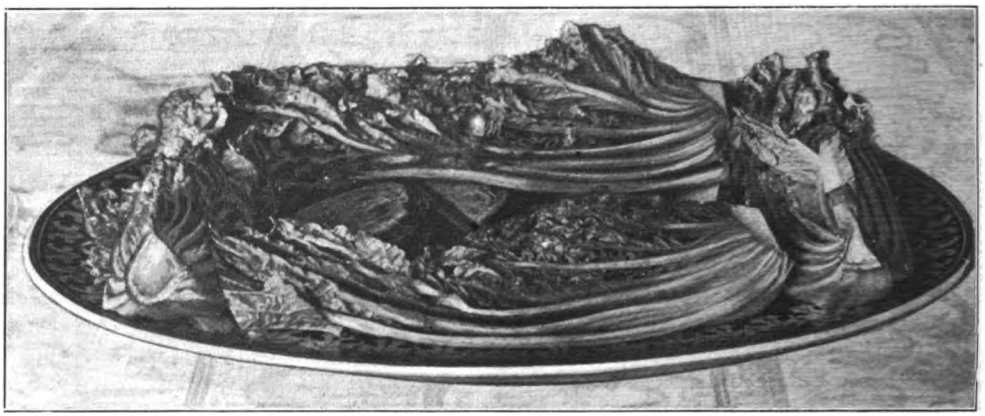
Swedish Timbale Cases

Beat two egg-yolks; add half a cup of milk and stir in three-fourths a cup of flour, sifted with half a teaspoonful of salt. Beat vigorously, adding a few more drops of milk, if the batter be too thick. When the cases are done they should be very thin, delicate and crisp. To use heat the timbale iron in hot fat, lift from the fat and drain, then dip in the batter, — held in a small cup — to half an inch of the top of the iron; return at once to the fat to cook until the case is crisp and lightly colored. Shake from the iron to a tin lined with soft paper to drain.

cut in thin slices. If fancy brisket is purchased, press without disturbing the shape; with other cuts the fat and lean may be mixed.

Meat Rechaufée with Poached Egg

Chop tender cold meat, preferably chicken, veal, lamb or ham, very fine. For one slice of toast make half a cup of sauce of one tablespoonful, each, of butter and flour, one-fourth a teaspoonful of salt and pepper, and half a cup of broth or milk; stir in nearly two-thirds a cup of the meat and spread on a slice of toast, the edges of which have been dipped in salted, boiling water. Above



COLD MEAT WITH CHINESE LETTUCE

Cold Meat with Chinese Lettuce

Cut cold, roast beef tenderloin or roast lamb into thin slices; set these, one overlapping another, down the center of a serving dish, with heads of Chinese lettuce cut in quarters as a border around the meat. Serve Mayonnaise or Russian salad dressing in a bowl. Ordinary lettuce may be used in the same way.

Pressed Corned Beef

Cover a piece of corned beef with cold water, let heat gradually to the boiling point, then let simmer very slowly about six hours or until very tender. Remove to a brick-shaped bread pan and cover with a board bearing a weight. Let stand some hours or over night. Serve,

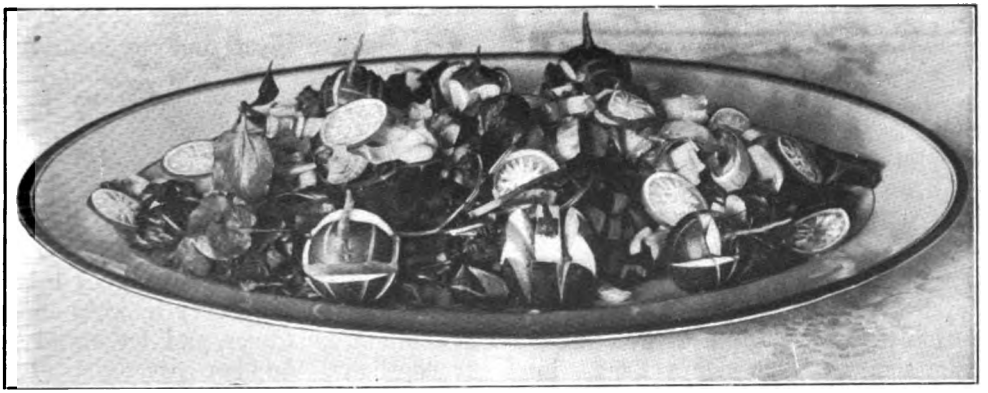
the meat set a carefully poached egg. In the illustration the plate holding the toast, etc., is combined with a receptacle that holds boiling water, which insures the keeping hot of the dish until it is eaten.

Mint Sauce

(For roast lamb)

Wash one bunch of mint, shake and dry on a cloth. Pick the leaves from the stems and chop them very fine; add one-fourth a cup of boiling water and one or two tablespoonfuls of sugar, cover and let stand half an hour; add the juice of one lemon or four tablespoonfuls of cider vinegar and one-fourth a teaspoonful, each, of salt and pepper, and it is ready to serve.

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SPRING-TIME SALAD

Planked Sirloin Steak

Select a steak of such size as will just suffice for the number of people to be served. A steak weighing, when the flank end is removed, about one pound and a half will suffice for three or four people. Wipe carefully with a damp cloth and broil as usual, except it should be left quite underdone. Have ready boiled-and-mashed white or sweet potatoes, pressed through a ricer and seasoned with salt, pepper and butter; add also one or two egg-yolks, beaten and mixed with a few spoonfuls of cream or milk. Beat until light and fluffy. Leave a little of the egg-yolk and cream for use later on. Have ready, also, a small cooked cauliflower, lima beans, fresh canned or dried, and inch-lengths of cooked celery, egged and crumbed and sautéd in hot fat. Have the plank hot; set the steak in the center and pipe the potato around it. Brush the potato with the yolks and milk left over, and set the plank into a hot oven to finish cooking the steak and brown the edges of the potato. When ready to serve, set the beans, well-seasoned and in Swedish timbale cases or china ramekins, above the steak, with the cauliflower separated into flowerets at one end and the celery at the other. Serve Hollandaise or mushroom sauce in a sauce-boat. Peas, string beans, asparagus-tips, carrot, etc., may be used in the place of the vegetables mentioned. Asparagus-tips run through rings of carrot may be set upright inside the potato at the sides of the dish. In the illustration cubes of French turnip in white sauce are shown at one end of the plank.



PLANKED SIRLOIN STEAK

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Parsnip Fritters

Press cooked parsnips through a potato-ricer or sieve to fill one cup; add half a teaspoonful of salt, one-fourth a teaspoonful of black pepper, the beaten yolks of two eggs, one cup of flour sifted again with one teaspoonful and a half of baking powder; mix thoroughly; lastly, beat in the whites of two eggs, beaten very light. Take up the mixture by tablespoonfuls, and with a second spoon scrape it in a compact mass into hot fat; let cook until brown on both sides; turn as soon as the mixture comes to the top of the fat, and often during cooking. Drain on soft paper. With fat at right temperature no appreciable fat is absorbed.

Banana Croquettes

(to serve with roast lamb)

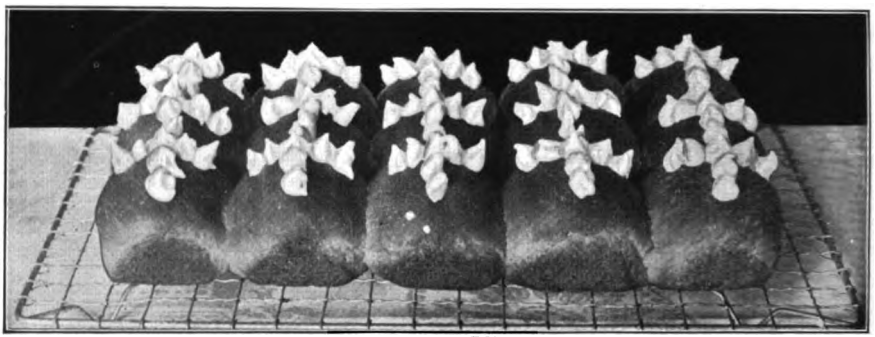
Select small bananas; remove the skin and coarse threads and trim each to the shape of a cylindrical croquette. Roll in an egg, beaten and diluted with two or three tablespoonfuls of milk, and then in soft, sifted bread crumbs. Fry about one minute and a half in deep fat. Drain on soft paper.

Spring-Time Salad

Cut part of the radishes in a bunch into thin slices without removing the outer skin; slit the rest of the radishes to show the white center. Let crisp in cold water. When ready to serve the salad, set washed and dried branches of cress on a serving dish, sprinkle on French endive wiped and cut in narrow slices. Garnish with the sliced-and-cut radishes. Serve French dressing in a bowl.

Hot Cross Buns

Mix a cake of compressed yeast through one cup and one-fourth of scalded-and-cooled milk; stir in one cup of bread flour, and beat until very smooth, about five minutes. Cover and let stand to become light. Add two eggs, well beaten, one-third a cup of melted shortening, a teaspoonful of salt and flour for a dough, soft, but stiff enough to knead. Knead till smooth and elastic; cover and set aside in a well-greased bowl until light and puffy. Shape with the hands into thirty balls. Set these a little distance apart in greased pans. When light and puffy bake about twenty minutes. Use one egg-white, a scant cup of sugar and three tablespoonfuls of water in making boiled frosting; pipe a cross of frosting on each bun. In shaping the buns one or two raisins or pieces of citron may be put into the center of each.



HOT CROSS BUNS

Best Macaroons

Grate one-fourth a pound of almond paste on a lemon grater; beat in the *unbeaten* white of one egg; mix together thoroughly half a cup of granulated sugar and one level tablespoonful of rice flour, then beat it into the almond-mixture; lastly, beat in the unbeaten white of a second egg. If the mixture is too stiff

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BEST MACAROONS

to shape easily into smooth rounds, a little more egg-white may be beaten into it. If the white of but two eggs be used, the eggs should be of large size. Shape the rounds in tins lined with paper. Bake in a moderate oven. For variety a bit of cherry or bright jelly may be set on the top of each.

Jelly Tarts

Make plain pastry of two cups of pastry flour, half a teaspoonful, each, of salt and baking powder, half a cup of shortening, and cold water as needed. Roll the pastry into a long strip; on one-half spread bits of shortening, then fold the other half of the paste over the shortening; spread one-half of this surface with bits of shortening and fold over the paste as before. There should be one-fourth a cup of this shortening and, if all has not been used, add in bits and fold over as before. Pat and roll out into a thin sheet, fold three times, turn and roll into a thin sheet. Repeat this folding and rolling three or four times, then cut into rounds. Set a spoonful of fruit jelly on half the rounds and brush the edge with cold water. Cut slits in the other half of the rounds and set them in place over the jelly, pressing the edges together firmly; brush over the top of the paste with cold water, dredge with granulated sugar and bake in a rather hot oven. If convenient, let chill before brushing with water and dredging with sugar.

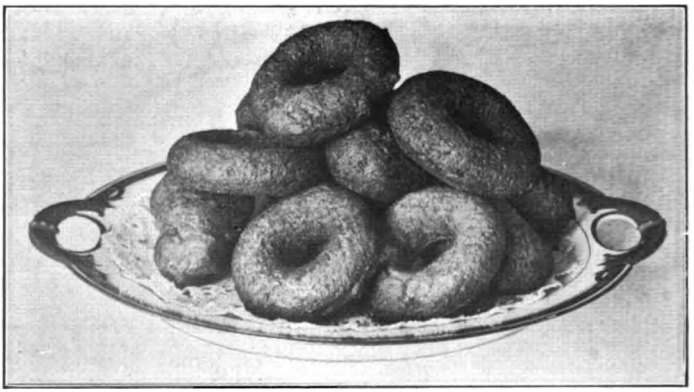
Best Potato Doughnuts

Sift together four cups and one-half of flour, half a teaspoonful of soda, four (level) teaspoonfuls of baking powder and half a teaspoonful of mace or nutmeg. Beat three eggs; add one cup of sugar, and beat again, then beat in one cup of boiled-and-riced potato and two-thirds a cup of buttermilk or sour milk. If the sour milk is skimmed milk, a generous teaspoonful of melted shortening should be added. The fat for frying is at the right temperature when the cake dropped into it rises at once to the surface without



JELLY TARTS

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BEST POTATO DOUGHNUTS

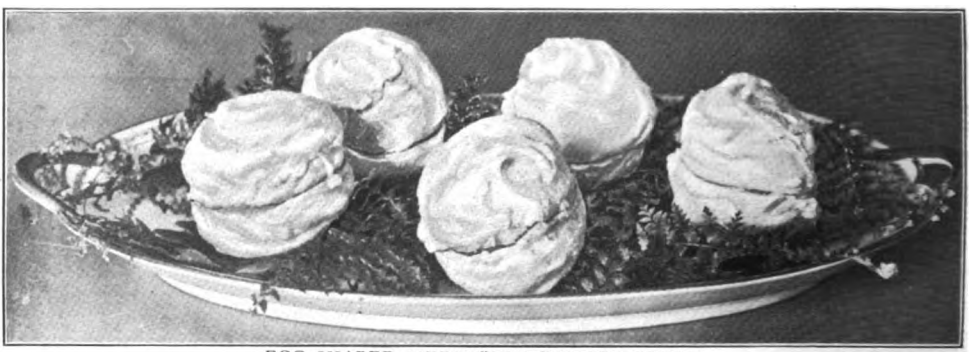
browning below. Turn at once, and often during the cooking.

Egg-Shaped Meringues for Ice Cream

Beat one-third a cup of egg-whites very light, then gradually beat in two-thirds a cup of granulated sugar. Continue the beating until the mixture is firm throughout and holds its shape. Tack strips of wrapping paper on a hard-wood board that may be set into the oven. On this mark out egg-shapes of the size desired. A small, oval tin is of help in marking the shapes on the paper; make one end round the other rather pointed. Three small or two large egg-whites will make two-thirds a cup of egg-white; and will give six large or eight smaller eggs. Fill the shapes on the paper with the mixture, bringing it down firmly to the paper on the edge and smoothing somewhat all over. Dredge with sugar and let cook in a very slack oven nearly one hour, then increase the heat slightly and let color a little. Run a spatula under the meringues, remove the soft inner portion, and let dry off in a slack oven. The last moment before serving, fill two shapes with ice cream and press together.

Tomato Sherbet

This sherbet is appropriately served with the roast or just after it. Wipe two lemons with a damp cloth and remove the thin yellow rind. Simmer a can of tomatoes, the lemon rind and a three inch piece of bruised ginger root about fifteen minutes; then press through a sieve fine enough to keep back the seeds. Boil one quart of water and one pint of sugar twenty minutes; add the tomato liquid and the juice of the lemons. When cold, freeze as any sherbet. Half a cup of ginger syrup and fine-chopped ginger from a jar of preserved ginger will im-



EGG-SHAPED MERINGUES FOR ICE CREAM

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prove the sherbet, but is not essential. In buying preserved ginger, select what is known as "stem." This variety is in small pieces of fine texture.

Rhubarb-and-Raisin Jelly

Cook two or three dozen large, choice raisins in boiling water to cover until tender. Replenish the water as needed. Cook two cups of rhubarb in small pieces with one cup of sugar until tender; shake the pan and keep the pieces unbroken. Soften half a package (two level tablespoonfuls) of gelatine in half a cup of cold water; when the water is absorbed, add the raisins with hot liquid to dissolve the gelatine; add the rhubarb and turn into a mold. When cold and firm serve unmolded with whipped cream. There should be a scant quart of material, counting the water in which the gelatine is softened.

Stewed Prunes Stuffed with Nuts

Wash prunes, drain, cover with cold water and let stand overnight. Let simmer until tender; add a small quantity of sugar and let simmer very slowly until the liquid is much reduced. Drain the prunes, open at one side, remove the stone and fill the space with sliced or chopped pecan nut-meats. Serve as a dessert dish with whipped cream.

Rice Timbales, Creole Style

Wash three-fourths a cup of rice in several waters or blanch by bringing to the boiling point in cold water and draining. Cook the rice and an onion, chopped fine, in one-fourth a cup of chicken fat or vegetable oil until the fat is absorbed; add two cups of broth and half a cup of tomato purée, a sprig or two of parsley, half a teaspoonful of salt, and half a green or red pepper cut in shreds; cover and let cook about half an hour. Remove the parsley; add more salt and broth, if needed, and pack quite solidly in buttered molds. Reheat, if necessary, by setting the molds in a pan of boiling water. Unmold and serve with fricassée of chicken. Or, serve surrounded with cubes of chicken in cream sauce.

Canned Brussels-Sprout Salad

Drain the sprouts and dry them on a cloth. To the ordinary mayonnaise dressing, add a grating of onion-pulp, the flesh of three or four olives and a tablespoonful of capers chopped very fine. Mix with the sprouts; serve with or without lettuce.

Butterfly Salad

For each service (butterfly) allow two rather flat lettuce leaves, one slice of canned pineapple, one stalk of canned asparagus, two stuffed olives, two strips of pimiento and two tablespoonfuls of French dressing or one of mayonnaise. Set the stalk of asparagus in the center of the plate, the lettuce leaves at either side of it, cut the slice of pineapple in two equal pieces; set these above the lettuce leaves, round side toward the asparagus. The asparagus represents the body of the butterfly, the lettuce leaves, with pineapple above, the wings; set one olive at the root end of the asparagus for the head, cut the other in slices and dispose in symmetrical fashion on the pineapple to represent the markings on the wings. Set the strips of pimiento in place above the head (olive) as feelers; serve the dressing in a separate dish.



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Well-Balanced Menus for Week in April

SUNDAY

Breakfast

Cream of Wheat, Top Milk
Poached Eggs on Toast Radishes
Ryemeal Muffins
Coffee Cocoa

Dinner

Broiled Lamb Chops
Onion Purée
Mashed Potatoes, Browned
Lettuce, Asparagus, French Dressing
Cocoanut Custard Pie

Supper

Hot Cheese Sandwiches
Canned Pears
Ryemeal Muffins, Toasted
Macaroons
Tea

WEDNESDAY

Breakfast

Puffed Wheat, Top Milk
Bacon, Grilled Potatoes
Pop-overs Dry Toast
Coffee Cocoa

Luncheon

Spinach-and-Cheese Soufflé, Cream Sauce
Graham Muffins
Canned Fruit
Best Macaroons
Tea

Dinner

Cream of Lima Bean Soup
(dried beans)
Cold Roast Loin of Veal
French Fried Potatoes
Spring-Time Salad
French Apricot Tart

MONDAY

Breakfast

Wheatena, Top Milk
Fried Ham
Potatoes Hashed in Milk
Fried Rice, New Maple Syrup
Coffee Cocoa

Luncheon

Rice Omelet, Tomato Sauce
Hot Boston Brown Bread
Rhubarb Pie
Cheese
Tea

Dinner

Roast Loin of Veal, Bread Dressing,
Brown Sauce
Spinach, Franconia Potatoes
Custard Renversée
Cookies

THURSDAY

Breakfast

Boiled Rice, Stewed Figs, Top Milk
Bacon, Hashed Brown Potatoes
Cereal Griddle Cakes
Coffee Cocoa

Luncheon

Creamed Smoked Beef
Baked Potatoes
Pineapple Omelet
Tea

Dinner

Filet of Beef, Roasted, Brown Sauce
Scalloped Potatoes
Spinach
Little Bread Puddings

TUESDAY

Breakfast

Quaker Oats, Whole Milk
Eggs Cooked in Shell
Boston Brown Bread, Toasted
Doughnuts
Coffee Cocoa

Luncheon

Flank of Veal-and-Potato Hash, Tomato
Catsup
Brown Betty with Rhubarb
Cheese Tea

Dinner

Broiled Fresh Fish
(Shad, Mackerel or Other Fish)
Maitre d'Hotel Butter
Mashed Potatoes, Parsnip Fritters
Sliced Bananas, Lemon Jelly
Half Cups Coffee

FRIDAY

Breakfast

Salt Codfish Balls
Piccalilli
Spider Corn Cake
Zwiebach
Coffee Cocoa

Luncheon

Oyster Stew
Olives
Rhubarb Pie Cheese

Dinner

Boiled Fresh Haddock, Egg Sauce
Boiled Potatoes
French Turnips
Lettuce, French Dressing
Rhubarb Bavarian Cream
Lady Fingers
Half Cups Coffee

SATURDAY

Breakfast

Oranges
Calf's Liver and Bacon
Potatoes Hashed in Milk
Graham Muffins
Coffee Cocoa

Luncheon

An Italian Cheese Dish
Baking Powder Biscuit
Cabbage-and-Beet Salad
Ginger Snaps

Dinner

Cold Roast Beef Tenderloin
Border of Chinese Lettuce
Mayonnaise
Mashed Potatoes
Scalloped Tomatoes
Canned Pears
Cake

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Box Luncheons for Office or School

APRIL

I

1 cup Vegetable-flavored Beef Broth in Thermos Bottle
2 Graham Bread-and-Bacon Sandwiches
4 Olives
1 Wheat Bread-and-Jelly Sandwich
1 Cookie
1 Banana
4 Chocolate Nougatines

II

1 cup Lamb-and-Tomato Soup in Thermos Bottle
3 Rye Bread-and-Corn Cheese Sandwiches
4 small Pickles
2 Jelly Tarts
4 Macaroons
1 Orange

III

1 cup Chicken Broth in Thermos Bottle
2 Dried Beef-and-Wholewheat Bread Sandwiches
4 Sweet Pickle Cucumber Rings
1 Wheat Bread-and-Jelly Sandwich
1 Square Chocolate Cake
¼ cup Salted Almonds
6 Dates

IV.

1 cup Potato Salad
4 slices Pickled Tongue
2 Bread and Butter Sandwiches
1 Peanut Butter Sandwich
2 Doughnuts
1 cup Coffee in Thermos Bottle
1 Canned Baked Apple

V

1 cup Thin Cream of Corn Soup in Thermos Bottle
2 Graham Bread, Cheese-and-Sliced Nut Sandwiches
1 White Bread-and-Orange Marmalade Sandwich
3 Atlantics
1 square Gingerbread, Chocolate Frosting
6 Prunes Stuffed with Nuts

VI

1 cup Beef Broth flavored with Vegetables in Thermos Bottle
2 Bread-and-Corned Beef Sandwiches
2 Mustard Pickles
2 Rhubarb Tarts
2 Best Macaroons
6 English Walnut Meats

VII

1 cup Tomato Soup in Thermos Bottle
1 cup Potato-and-Egg Salad
1 White Bread-and-Ham Sandwich
1 Graham Bread-and-Ham Sandwich
2 Rhubarb Tarts
2 Atlantics
3 Stuffed Prunes

VIII

1 cup Tomato-and-Beef Bouillon in Thermos Bottle
1 Cheese Sandwich
1 Peanut Butter Sandwich
1 Graham Bread-and-Jelly Sandwich
6 Stuffed Olives
2 Marmalade Tarts
2 Atlantics
1 Apple

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Drudgery as a Fine Art

By Winifred Kirkland
(in The Outlook)

IT has been my gracious luck to live for a little space of peace near to a woman who loves drudgery, tossed up to her from the nearly shipwreck of heavy sickness. I was sailing after storm in a wide still sea, on and on, up to an island with a high portal. The great gate swung ajar — and then, after all, they would not let me through. But I had looked within. Nor I nor Lazarus shall tell what we saw, but I have come back crippled with strangeness. Life seems to me shelterless. My friends seem strangely busy about curious small matters. The sun is unfamiliar and I have forgotten the language of the rain. Mystery cries to me in the wind beyond the window. I perceive sun and rain, wind and snow. I see the long blue aisles, bleak with infinitude, where the white stars are swung, but I cannot feel at home.

But as the gentle weeks flow by me here, do they perhaps bring healing? Still half in dream, I watch the ways of little things. I think there is no occupation in this home that is not touched and tricked into an art. Exalt dish-washing to the plane of ceremony and see what happens. Even the initial movement merits the dignity of argument — whether it is better to scrape and stack in the dining-room or to transfer the clutter to the kitchen table before arrangement. The first method has the advantage of more immediate conciseness, but the latter prevents the flirting of gravy or egg on the table linen, with all the resultant upheaval in the napery sequence of the week.

There is health and healing in dish-washing when it moves to a cheery little ritual all its own. Let the kitchen table be covered with oilcloth white as milk and satiny as a mirror. Arrange all first with symmetry — plates in a pyramid in which no several platter shall be out of plumb in the mounting structure, and match the silver, teaspoon to teaspoon, fork to fork, thus both before and after washing. Put all the little pitchers in a company, and the glasses, and the cups. Have all dishes scraped and rinsed to the uttermost before the final rite of baptism, then leave them thus, for in the ethics of dish-washing the law is pans first. There is deep wisdom in attacking griddle and frying-pan with your first soapsuds and your freshest energy, and keeping the tempting glassware and silver as the dessert of your efforts.

After the sturdy stress of cleansing the cook-pans, the mere dishes are a more easeful encounter. Gently my friend washes and wipes, polishes, and puts away cup and glass, pot and kettle; for are they not all her comrades, genial with service? Perhaps she is not overswift, this kitchen poet amid her soapsuds. I surmise an objection, staccato-sharp:

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Why should she linger over dish-washing? Why doesn't she get done? I fear the objector is some terrifying feminist, too logical for argument, whereas the housewife I picture is merely a woman looking sharp to see what is the ultimately worth while. That god, Get-Done, is a terrible slave-driver. Why do you wish to get done, except to do nothing or to do something else? But why nothing? And the something else — are you quite sure it makes you or any one a whit happier than it does to make a cheerful suds of your dish-water and sing a song of joy to it?

My friend might be a bed-maker to a king. There is no day when the deepest secrets of mattresses and springs are not laid bare to air and sun. Pads and pillows can never grow lumpy when so deftly kneaded, nor sheets so tight-drawn crumple. The final result is a big white cake with pillows and bolster as embossments of frosting. But never tell her the bed is too beautiful to lie upon, if you do not wish to merit her scorn. Here is not a home, she would have you know, where a bed is better than its occupant; if her beds are daintily dealt with, it is to make them the gentler to feet that are tired and backs that are cricked. In her house things have not the mastery; it is as ministers that she loves them. She may delight in mending, but if her needle weaves a fairy pattern on your stocking toe, kindly remember that it is to make your steps the smoother. All things that hands can do she loves. I do not suppose that she would deliberately punch you in order afterwards to poultice, but if an icy pavement should rise up and batter you down, she would take as deep comfort as you in her liniments and her rubbing; and if you should come to her snuffling and a-fevered, she would have a masterful delight in drubbing all germs out of your system.

Of all home-making arts, surely cooking should be the most enjoyable, and with my friend it is. Cooking affords such scope for invention, imagination, creation — in a word, for personality. A cook and her material are in direct and stimulating relation. You can imagine nothing more a revelation of personality than mashed potato, passing, as it may, all the way from a sodden indigestibility, gray and chill and salty, to a creamy fluff of succulence upon the palate. My friend casts herself into her cook-pot in an abandon of creation, and miracles result. Your tomato hardly recognizes himself for a mere vegetable, so delicately is he transformed into jelly and scallop and chutney. Her biscuits respond to her watching as if they were blossoms that must expand. Her omelets, meringues, soufflés, are light as foam. Her marmalades have an amber beauty; and they should have, for has she not listened for the ripe gurgle from that syrupy mass a-boil as alertly as if it were the murmur from a cradle? It is in the study of flavoring that she chiefly excels. She is one who weighs the value of a hint, one of the rare women who may be trusted with garlic. In her house I pity those stupid people who keep a kitchen door shut, not recognizing a kitchen as a magician's workshop. What nose would shut a door on mustard pickle and currant gingerbread?

In this kitchen I garner many a household hint tossed to me as my friend brews or bakes, scours or sews. Nothing goes to waste from her soup-kettle or bread-box or work-basket. I watch her make a glory of cleaning the refrigerator, I observe all the useful devices she can compass with a clothespin, and I wonder which she more enjoys routing, the great devil, Dirt, or the great devil, Waste. She has minutest methods of saving money, saving mess. I do not think she has one for saving time. To take more thought how you shall spend your time than how you shall save it implies a different sense of values in her science of home-making; this is a home without hurry.

Here I am learning the loveliness of littleness. Such small things delight this

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housewife! A glass of currant jelly in the window; the god Sun deigns to look through it, and it's a great globed jewel. A tulip bed shaped by angel fingers to be a pulsing flame; seen from the kitchen doorstep it is a thing to make her clap her hands. The lid lifted from the kitchen range on some cloud-banked morning reveals such palpitant fire-sprites as quickens one's breath with wonder. Jelly and tulips and kitchen fire are mysteries turned tame and tender in her eyes, mysteries that help to make a home, and do not frighten. My friend's hands, busy with many devices, seeming small, are they not achieving a shelter and a sanctuary in the midst of the engulfing strangeness of this big universe? I half guess she is manipulating me as deftly as if I were bread or blossom. I sip peace in her presence, and am as trustful in her hands as if I were a biscuit or a begonia.

Setting me briskly to polishing her teaspoons, has she perhaps succeeded in polishing a forgotten twinkle into my eyes? Gazing through her sunny window panes, I no longer see a world hostile with mystery. Look, isn't a friendly universe cheerily making a home for me, so that I may be cleaned and fed and warmed by the best sanitary methods? See the busy brown fingers of the rain all sudsy with scouring out the gutters, and in the winter watch the tossing white brooms of the snow dusting off the air, and then in spring's big kitchen look at the sun, Phœbus Apollo in a chef's cap, doing my cherries to just the right turn. Rain, snow and sun, doing the world's drudgery with the same high zest as that with which my friend does it, and with the same high purpose of welcome to the stranger, she and they have restored me from sickness; at last, I feel at home.

Camouflage

Has courage departed?
Is life a dull gray?
Put on your fine linen,
And purple, so gay.

If things are not
As they ought to be,
Throw back your shoulders,
And breathe the air, free.

Hold up your head,
And swing along,
As if all of life
Were a rousing song.

Has some loved one gone?
Do you have to take
Throughout all your days
That heavy heartache?

Get out in the open,
And smile as you go.
Let not your friends
See your sorrow's woe!

Is illness upon you?
All flesh is weak,
Send the spirit forth,
Your joy to seek.

That spirit is free
To seek where it will;
Why can't you let it,
And feel the thrill?

Life is a struggle
And battle for all.
Answer with courage,
Each bugle call!

With Faith and Hope,
And Camouflage,
May many an enemy
Prove a mirage!

E. B. R.

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Delicious Prune Dishes

By Mary Alice Smith

DO you like prunes? No! But wait. Come to breakfast with us, and have a plate as we like them; soaked over night in barely enough water to cover, then cooked down in same water until quite done, and served with thick cream, no sugar.

A poorly-cooked prune is an affront, and any prune not first soaked twelve hours is apt to be that. It is the long soaking and slow cooking that brings the sweetness and flavor. Some food authorities recommend "soaked prunes," and the uncooked fruit is as palatable as the cooked, except for the added attraction the other has of being warm and served with cream. One member of our family who does not care for cream particularly likes the soaked prunes.

If you will drop into lunch we will give you *prune whip*, which calls for no butter, no eggs, no sugar except for what is in the marshmallows. Or, perhaps, it may be some one of the other recipes here given, in any one of which brown sugar may be used instead of white, though, of course, white is better for meringue.

The number of people who are cutting out sweets from a standpoint of health is greatly on the increase. There is a class, too, that can take no acid fruit. The prune is not acid, calls for little sugar, and, even where sugar is used, can be taken with less harmful effect than can the desserts made of other fruits. Housewives who have not developed its possibilities are offered these of our favorite recipes, evolved in our own kitchen, and are recommended to try individual genius on what is a wholesome foundation for any number of nutritious and attractive dishes.

Prune Whip Parfait

One-half cup stewed prunes, stoned and mashed; one-half cup raisins, seeded and boiled or simmered in sufficient water to keep from burning; pinch of salt; about eight marshmallows, cut up in half cup of cream, or rich milk, and steamed in double boiler until soft, then beaten until smooth. Into marshmallow mixture whip the other ingredients, and set dish in refrigerator to chill. When ready to serve, heap in small compotes, pour over a good, thick cream, and sprinkle with pecan nuts, broken fine.

Cereal Pudding with Prunes

One cup cold wheathearts, or other cereal; two cups sweet milk; heaping teaspoonful butter; half-teaspoonful salt; yolks of two eggs; sugar to taste; flavor with lemon extract.

Mix ingredients and cook slowly in buttered baking dish. When firm remove from oven, and cover with stewed prunes from which the stones have been removed; spread over this the beaten whites of the eggs to which has been added four tablespoonfuls sugar, a pinch of salt, and lemon extract. Return to lower oven until lightly browned; serve with or without cream.

Fruit Pudding of Left-Overs

One-half cup of cold oatmeal; one egg, white and yolk beaten separately; pinch of salt; two teaspoonfuls butter, melted; six prunes, stoned and mashed smooth; two tablespoonfuls cold baked or fried apple; nutmeg; two tablespoonfuls sugar; one-half cup sweet milk. Mix all ingredients except egg-white; bake in moderate oven. When light brown and firm, spread over white of egg, into which has been beaten two level tablespoonfuls of sugar and one-fourth a teaspoonful of salt. Brown under gas flame; serve with thick cream.

Prune Patties

Slight half-cup stewed prunes, stoned and mashed; pinch of salt; nutmeg;

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sugar to taste; one egg-yolk; level teaspoonful flour; half-cup sweet milk.

Mix and pour in patty pans, lined with paste. Bake until a light brown; then spread tops with egg-white, into which has been beaten two tablespoonfuls of sugar; brown under oven gas flame.

Prune Cake

One large egg, or two small eggs; one-half cup sweet milk; one-half cup sugar; one-and-a-half cups (level measure) of flour; one-fourth cup butter, or crisco; one rounded teaspoonful baking powder; pinch of salt; half-teaspoonful lemon or vanilla extract. Cream butter and sugar; add egg; beat well. Add flour, sifted with baking powder, and milk, alternately, beating thoroughly and lifting up the mixture from bottom of dish to allow plenty of air to become incorporated with the batter; add pinch of salt and extract.

Pour half the batter in well-greased pan, using two papers to line bottom of same. Using prunes that have been reduced to a fine pulp, lay the fruit carefully on the batter until the surface is covered, then pour over the second half of batter, allowing no fruit to show; bake in moderate oven; nice for lunch, served with hot chocolate.

Prune Roll

One tablespoonful grapefruit juice or lemon; one tablespoonful sugar; one teaspoonful flour; two-thirds cup mashed prunes; one-third cup seeded raisins.

Cover raisins with half-cup of water and allow to simmer half an hour. To the prunes add sugar, grapefruit juice, pinch of salt, and the flour which has been dissolved in a little cold water. Now put in raisins, and cook mixture until it begins to thicken, about three minutes. When of the proper consistency, spread on biscuit dough that has been rolled very thin, one-half the dough being folded over the other and the edges pressed together with a fork; serve with cream sauce.

Cream Sauce

One cup loose cream (or one cup sweet milk and a teaspoonful butter); pinch of salt; sugar and nutmeg to taste; heat to boiling point and serve.

A Futurist Cook

By R. T. House

IT is hard to tell where he may be now, but when the war-cloud broke, well-nigh five years ago, he was hard at work in his kitchen laboratory in Paris, studying the permutations and combinations of foods and flavors as devotedly as any Archimedes or Edison. For all its scientific turn, his cookery had so much of the aesthetic that the poet, Raoul Ponchon, immortalized it in rhyme. His name is — or was — Jules Manicave, and his theory, as confided to a Paris daily in 1913, is as follows:

"The culinary art drags lamentably about a dozen recipes and keeps coming back to them. The same dishes circulate at table, baptized and rebaptized a hundred times with high-sounding names which poorly disguise their mediocre uniformity. For more than four hundred years there has not appeared on earth a really new dish. . . . It seemed to me that the time had arrived to renew the culinary art. . . .

"I attacked the two formidable Bastilles of modern cookery, the combinations and the flavors. A word first about the combinations. The traditional

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practice tabooes some and authorizes others. Why this difference of treatment? There is the mystery. Oil mixed with vinegar forms a classic dressing; but the idea of mixing rum and pork-juice, for example, would be qualified as absurd. Why? My cookery has for its principal object the bringing together of foods which the strangely conservative world now keeps apart, and through such combinations, the production of new and novel gustatory sensations. . . ."

Monsieur Manicave illustrates: "Nothing could be more exquisite than a filet of mutton with crab-juice, or an oyster omelet, or a shoulder of veal with absinthe, or a beef roast garnished with kummel, or a herring purée with raspberry jelly, or sardines with camembert."

Then he states his position with regard to flavoring. "Culinary aromas are ridiculously limited. We have got no further than laurel, parsley, thyme, onion, garlic. Now the progress of modern chemistry makes it possible to use without injury, in the preparation of foods, all known perfumes: rose, violet, lily of the valley, lilac, verbena, and the rest. I have made some experiments with them. You have no idea of the flavor of a mint cutlet, or of a fowl flavored with lily of the valley."

Monsieur Manicave's grandfather, father and brother have been cooks before him. His father had begun some investigation of the possible use of perfumes in cooking, and had left his son some recipes by word of mouth. Then the young man noticed that some foreigners had gone further than his countrymen in the direction of unusual combinations. He cooked for Belgians who liked preserves with their fowl, and for Germans who enjoyed mackerel with currant or gooseberry jam.

Then he was led to turn his skill at culinary camouflage in a very practical direction. During a stay at Nice he met a sympathetic English doctor, who tried to persuade him to leave Paris for London, where his chances would be better for finding a *gourmand* Maecenas, or, at least, a fatter-pursed and more open-minded clientele. At this gentleman's suggestion he turned his attention to what might be termed medical cookery, with results like the following:

CARROT PURÉE WITH (completely disguised) COD-LIVER OIL

"Boil a dish of carrots, retaining the tops, which are more succulent and nutritious than the carrot itself. Press them through a sieve and let cool.

"Add 20 grammes of good olive oil, 10 grammes of cod-liver oil, the yolk of a duck egg (use a hen egg, if the duck egg is not obtainable, but there is more fat in a duck egg), a pint of milk, preferable with the cream, or goat's milk, a glass of Frontignan muscatel wine (for which we Americans of 1919 must find a substitute) and two or three drops of angustura. Let the mixture cool thoroughly, mix well, and serve."

In the use of perfumes, Monsieur Manicave warns against excess. All that can be used with profit is barely enough to be distinctly realized as present,—never more than a few drops. He is a great admirer of tomatoes. Sugared tomatoes, he finds, makes a delicious dessert, and one of his favorite dishes is composed of tomatoes and whipped cream.

He never throws away the head and bones of a fish, but grinds them up and sprinkles them as a powder over the body. They contain, he says, a valuable nutritive principle, besides adding an agreeable saline aroma.



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Grandmother's Garden

By May Belle Brooks

GRANDMOTHER'S garden was a medley of color and design, but that did not matter to my worshipful, childish eye. It was just chockful of flowers and there was every variety the neighborhood ever heard about. No geometrical beds ever rose up to torment the tired eye and no harmonic scale of coloring or feverish efforts to secure a "succession of bloom" ever wrinkled the brow of the sweet old lady who planted it and who likewise tended it. She had no gardener or man of all work to do the drudgery for her, leaving nothing for the fair owner to do but drop in the seed as she daintily trod the fresh-turned earth; but down on all fours she dug holes with a butcher knife and loosened soil with a kitchen fork.

Wherever there was a bare spot, some seed was sure to go, with the charming result that we used to come upon an Indian turnip under the lilac bush, a four-o'clock, a bit dwarfed to be sure, but as reliable a time-piece to our young eyes as the finest sun-dial ever set up, pertly staring at us from beneath the little cedar tree.

All my modern, orderly garden habits have not erased from memory the thrill with which I helped Grandmother sow (not plant, if you please) a whole shoe-box full of miscellaneous seed in a crooked, little, shallow spaded patch of earth beyond the locust trees. The seed was a collection from almost every one she knew, and she had forgotten herself just what it did contain. I can see yet the dried little bundles that looked ever so much more alive than do the neat, clean packets we buy now-a-days. They needed no gorgeous labels or flower-catalogue descriptions to inspire. All we had to do was to look at the shriveled petals and to sniff them, to conjure up wild visions of potential bloom. In those days, nobody shelled their seed; instead, they broke off a likely looking branch or blossom that had ripened and laid it away intact.

We brought out the rake and scratched the bed until we couldn't see any more seed, and then we waited, and watched, and waited. It was I who discovered the first seedling, and my yelps brought the whole family rushing.

"Ugh!" snorted my practical old grandfather, "thought you'd seen a snake."

But dear, understanding grandmother squeezed my hand and said, "I wanted you should find it first." She knew, bless her kindly heart, that childhood is made up of thrills.

Then, smoothed gray head and tousled gold one close together, we stooped and examined the wee pair of leaves and made numerous guesses.

"It must be snap-dragon," Grandmother first concluded. "Or, now, it might be summer phlox, "looking a little

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closer. "Mustn't touch it, dearie, you might blight it. Oh, I know what it is now, of course, it's a daisy! See, that leaf is longish-shaped."

But it wasn't a daisy, after all, but a petunia, and that furnished another thrill.

"I remember now," declared Grandmother, "it *was* petunias Sally Loveland gave me. I had been over to her house helping with the harvest and I was admiring a certain pale pink shade of petunias she had.

"Them's just the color of your cheeks, Sally Loveland," says I, "save me some of the seed to remember you by!"

Nearly everything Grandmother had was something to remember somebody by, and that was what made this hodge-podge of a garden so alluring. It was my chief diversion to lure Grandmother into the yard, for I knew, as we passed from bush to bush, there would be a constant stream of reminiscences and story.

"Whose grave did you say this clump of myrtle came from, Grandmother?" I would naively ask, knowing all the time it came from the old churchyard "back East" where a cherished little playmate long lay buried. But I wanted to get Grandmother started on some fresh story about this little girl of long ago, whom I had met in a spray of myrtle, and who seemed so real to me.

"And her name was Myrtle, too," mused Grandmother, "so we just covered her grave with myrtle and nothing else. Myrtle Mildred Dale, that was her full name. Ain't it a nice, fancy name? So different from my homespun "Martha Littleford Burke." Did I ever tell you about the time she and I decided to trade names for a spell?"

Of one accord, we sat down on the big boulder at our feet, and the story began.

"Old Mrs. Henry gave me all these hardy plants just before she was taken to the poor-house." It was nearing supper-time, and the story finished, we had stopped on our way to the kitchen to admire a luxurious growth of Canterbury bells, columbines, pinks and Sweet Williams.

"I used to go over to the poor-house and bring her over to see them every year when they were looking their prettiest. 'Take 'em all up Marthy,' the poor old thing said to me, 'I can't bear to think of leaving them here without some friend to be by. You know — he helped me plant 'em, and it's all I got left that is really mine. You never know what notions these folks moving in might take.' Poor soul! she didn't live many years after that. She can't come to see them any more, but I take a big bunch of the flowers to her grave every week as long as they last."

Not all of Grandmother's memories are sad ones.

"I won that rose bush getting up subscriptions for a farm paper," she commented one day when I brought in the first bud from a "monthly."

"Land, the fun I had going around trying to talk the men folks into taking it! Soon as I get my biscuits in the oven I'll set down and tell you about Jonas Stearns."

The greatest thing in her garden, to her notion, was a long row of red geraniums inclosed with white-washed bricks. A hot-house flower was greatly to be prized and anybody whose garden boasted a bed of geraniums or heliotropes or fuchias, was in the upper class. Even the possession of a "monthly" rose gave one distinction.

"That whole row started from a single pot your mother gave me on my birthday," she confided to me. "I slipped it and kept making other slips from the new plants until I supplied the whole neighborhood. You can tell your Ma, when you go home, that you saw the red geranium she gave grandmother in every window sill in the village."

One corner near the portico (which she called the high set, entrance porch) was carpeted with "butter-and-eggs," a little yellow and white flower that resembled our snapdragon, and here we gathered food for the doll's tea-parties, and served it in "cup-and-saucer" plants. And the

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wreaths we wove of leaves pinned together with broom straws! Ah, it was fun to be a child in Grandmother's garden.

And the rockery, shall I ever forget that little mound of rocks covered with crow's feet, portulaca and something new she was always trying out to see whether or not it would flourish there? When we went walking, it was our custom to bring home a stone to add to the rockery. I remember the awe-inspiring occasion when my brother found a round, flat stone, molded of clay and bearing a mysterious Indian inscription. It provided entertainment for the neighbors for many weeks, but their efforts at deciphering the curious markings were never successful. There was a strong talk of sending it to the "government," but, instead, it was placed in the most conspicuous part of the rockery and pointed out with pride.

* * *

Meals Quickly Prepared

EVERY housekeeper is confronted with the problem of getting meals in a hurry. Sometimes it is for the unexpected guest, or for the evening meal when a housekeeper has been delayed beyond the time usually allowed for preparing the meal, but for many women, who keep house before and after a day spent in the business world, it is a daily question to prepare a nourishing appetizing meal in from fifteen minutes to a half hour's time.

Of course, a supply of left-over dishes, a well-stocked pantry, and a supply of canned goods are the greatest resources one can have for hurry up meals, especially if there isn't a "corner grocery." Potatoes that have been previously baked or boiled are ready and good to warm over in several ways. They can be cubed with bits of onion and browned. They can be cut lengthwise and browned in the same frying pan that a piece of steak or chops are pan-broiled, or they can be fried with scraps of ham or bacon fat. The quickest way to cook raw potatoes is to peel, cube and cook them in boiling water. Afterwards, if they are mashed, they are sure to be mealy and edible.

Most hot breads can be made in twenty minutes. Corn bread, baked in a muffin or gem pan, is crisp and brown in a shorter time than if baked in a sheet-tin. Biscuit dough, spread on a greased griddle and baked on the top of the stove, only requires ten or fifteen minutes. Of course the griddle-cake should be turned to brown on both sides. It can then be opened like a short cake, if desired, and spread with mashed fresh or canned fruit, jelly, or warmed over meat and gravy.

With ready-made salad dressing, either from the grocery or of one's own making, and a head of lettuce, one can quickly make a simple salad. Any left-over vegetables can be cubed into a "combination salad." Peas, beans, tomatoes and cucumbers are good in summer, and beats, carrots and potatoes are a good combination in winter. As salad requires no cooking, if any kind of dressing is in the pantry, it is quick to make. Both celery and nuts are good combined with banana, pineapple, cabbage, apple, tomato, prunes, dates, figs, oranges and cottage cheese and make a salad nice enough to serve to any one. If one has canned salmon, tuna, shrimp, or lobster, a quickly-made salad will furnish the main dish for the meal.

A meat-loaf made from hamburger, or scraps of meat and bread put through a meat grinder and then highly flavored with onion or green peppers, can be baked with potatoes in half an hour. If plenty of water is kept in the baking pan, a good gravy to eat with them can be made by adding the necessary flour thickening.

Most kinds of fish can be pan-broiled in fifteen minutes. Smelts, mackerel, halibut, salmon and barracuda, all furnish a quickly cooked and substantial main dish.

Among the desserts that can be made in twenty minutes are farina, tapioca, apple sauce, cup custards, molasses gingerbread and cottage pudding. As soon as the puddings, such as tapioca, are made, they should either be placed on ice or dished out into saucers to cool,

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which they will sufficiently by the time the first course of a meal is eaten.

Below are suggested little menus that can be prepared in a hurry, if need be.

1. Cinnamon toast, baked apples, cream cheese, cocoa.
2. Creamed codfish, baked potatoes, lettuce salad, molasses gingerbread.
3. Tomato soup (canned), asparagus on toast, macaroni and cheese, strawberries, fancy crackers, coffee.
4. Orange omelet, popovers, banana salad, iced tea.
5. Risotto, potato patties (made from cold, mashed potato), corn bread, canteloupe.
6. Vegetable hash, hot biscuit, peach cornstarch pudding, coffee. M. B.

* * *

Apple-and-Pie-Melon Butter

REMOVE peel and seeds from the melon, slice thin and steam or cook in a little boiling water till done, then press through a colander. Press cooked apples through the colander. Use three parts pie-melon to one part apple with spices as desired.

Pie-Melon Preserves

Cut pared strips of melon in small pieces, and cook in syrup, as in making watermelon preserves. Use three-fourths a pound of sugar to one pound of melon; flavor with lemon.

Pie-Melon Pies

Peel and cook as apples, mash and use in making a pie with two crusts. H. N. M.

* * *

Salad Marguerita

CHOOSE the whitest of French Endive. Allow it to remain in cold water until crisp; wrap in cheese cloth and place near the ice until ready to use. From a well-chilled jar, home canned or commercial, of halves of peaches, select one for each service, and fill cavity with cream or cottage cheese, seasoned and beaten soft with cream.

When ready to serve, place the endive about each individual salad plate, as grow the petals of a daisy, put a half peach, cut side down, in the centre to complete the flower. If the petals are rather thick, some shorter than the outside ones, the effect is pretty. Pass a light-colored French dressing, that is, one wherein white vinegar is used.

A Decorative Fruit Salad

Select a medium-sized Honey Dew or Casaba Melon. Cut so as to form a basket, leaving a handle one and one-half inches wide. With silver tablespoon scoop out egg-shaped pieces of melon; place in a bowl, and leave all in cold place to chill thoroughly. Shortly before serving, drain the basket and pieces of melon, thoroughly. Mix with canned, sliced pine-apple and a light colored mayonnaise and fill the basket, a bit of fern or smilax twined about the handle enhances this; place on a platter or chop dish; surround with lettuce leaves on which one-half a canned pear reposes. A French dressing is poured over each pear just before serving. This is an ornamental salad and one very easy to prepare. J. D.

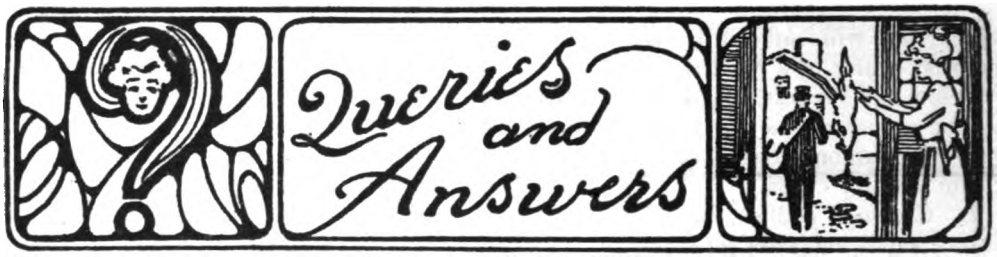
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The French cooks make pumpkin or squash soup, called Creme de Potiron. This is a delicate purée of the vegetable added to a milk soup, flavored with a little orange-flower water in France, but here we prefer a bit of onion and celery, with salt and red pepper and some parsley. It may be thickened with yolk of egg, beaten and added just before serving, or a little butter and flour, rubbed together and added a few minutes before serving.

* * *

There have been many clever definitions of the difference of opinion between an optimist and a pessimist. A new one is that of Don Marquis in the New York "Evening Sun's" "Sun Dial": "An optimist looks at an oyster and expects a pearl. A pessimist looks at an oyster and expects ptomaine poisoning."

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THIS department is for the benefit and free use of our subscribers. Questions relating to recipes and those pertaining to culinary science and domestic economics in general, will be cheerfully answered by the editor. Communications for this department must reach us before the first of the month preceding that in which the answers are expected to appear. In letters requesting answers by mail, please enclose address and stamped envelope. For menus, remit $1.00. Address queries to Janet M. Hill, Editor. AMERICAN COOKERY, 221 Columbus Ave., Boston, Mass.

QUERY No. 4039. — "How can I remove a furniture Oil Spot on my dining-room rug? We immediately sponged it with gasoline with no effect, and then tried boiling hot water and soap, and later carpet cleaning preparations, but to no avail. The spot seems to spread."

Removal of Grease Spots (Parloa)

The simplest of all methods for removing grease is by absorption. Powdered French chalk or Fullers' earth, mixed to a paste with water or turpentine, and spread on the grease spot, will absorb it. This should be allowed to stand for several days, and the application then brushed off. Sometimes a second application of the paste may be necessary. Blotting paper may be put under and over the grease spots; a warm iron should be placed on the top sheet of paper; change the paper until all the grease has been absorbed. The spot may then be lightly sponged with chloroform or ether. Ether, benzene, naphtha, chloroform, turpentine and alcohol all dissolve grease. Alcohol is more liable to affect the color than are the other agents. These liquids dissolve the grease, and the operator must remove it by sponging the spot gently. When cleaning with any of the dissolving agents, it is important that the diluted grease does not spread over a larger surface than the original spot. Spread the fabric and place a piece of blotting paper under the stain. Spread a ring of French chalk or Fullers' earth around the grease spot; then wet a cloth with the cleaner, and rub gently toward the center of the spot. Work in this manner, changing the cleaning-cloth frequently, until the spot has disappeared. Rub gently with a dry cloth until the spot is perfectly dry. If any of the less volatile agents have been used, and there is a slight ring around the cleaned spot, sponge gently with chloroform.

QUERY No. 4040. — "Recipe for Cumquat Preserves and Preserved Heart of Watermelon."

Cumquat Preserves

Wash the fruit or wipe each carefully with a damp cloth. Make a small slit in the end of each cumquat, and let the whole stand in cold water to cover overnight. The slit lets water into the fruit, which helps to soften the skin. In the morning heat to the boiling point, and let cook until the skins are very tender. Set aside overnight. Next day take sugar to equal the weight of the cumquats, and the liquid in which they were cooked. Heat the liquid and fruit to the boiling point; add the sugar gradually, that the boiling may not cease, and let boil rapidly until the syrup is clear and thickened somewhat. Store as canned fruit, or as jelly. If preferred, the cumquats may be cut in halves or quarters, lengthwise of the fruit. Lemon juice may be added to enhance the flavor.

Preserved Heart of Watermelon

The heart or pink portion of watermelon may be used for preserves, but as this part of the melon does not stand up well, when cooked, think it doubtful if

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CRISCO
For Frying - For Shortening
For Cake Making

A wholesome vegetable cooking fat for fastidious people

TO CALL Crisco "fat" is a misnomer—the word suggests so many things that Crisco *is not*. The limitations of the English language compel us to use it for the moment, however, so that women who are not already cooking with Crisco may know that it is intended for the same purposes as lard and butter.

Crisco is a pure, solidified, white cream of edible vegetable oils. It performs perfectly every ordinary cooking duty formerly entrusted to animal fats. Crisco, however, is more economical and more delicate than either lard or cooking butter and has none of their objectionable features.

Crisco is *not greasy*—here, perhaps, is the real secret of Crisco's lasting popularity with the millions of women who have used it for years.

Crisco is *tasteless*. It imposes no flavor of its own upon anything that is cooked with it. Users of Crisco get the full food flavors that Nature intended they should have. Yet here is a remarkable fact—add salt to Crisco, use it in cake, and you have the real butter taste at only half of butter cost.

Crisco is *odorless*. It cannot offend the most fastidious.

Crisco is *economical*—on account of its low cost, because so little is required, and because it keeps sweet indefinitely. Never a particle of Crisco has to be wasted.

We only urge you to try Crisco ONCE—you'll buy it ever after of your own accord.

Crisco comes in this air-tight sanitary package:



Get it at your grocer's. One pound or more net weight.



A Book That Helps Housewives—Over a hundred recipes for economical and appetizing foods made without lard or butter are contained in Janet McKenzie Hill's book, "The Whys of Cooking." Through this work the editor of American Cookery and founder of the Boston Cooking School is of everyday assistance to every woman for she handles the many little problems of successful housekeeping and good cooking in a way any one can understand. Get this book. It is illustrated in color. Published to sell for 25 cents, we will send a copy for 10 cents in stamps. Address Dept. A-4, The Procter & Gamble Company, Cincinnati, Ohio.

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so used. The portion of the ripe melon between the outer rind and the pink center is often used for preserves. The pulp is cut in such shapes as are desired; heart-shapes might be used, or simply square pieces of nearly the same size. Let stand in cold salted water overnight, using a tablespoonful of salt to a gallon of water. Rinse, cover with fresh water, and let boil till tender, or until it is easily pierced with a skewer. Drain and weigh. Allow three-fourths a pound of sugar to each pound of melon. Have ready a lemon for each pound of melon. Cut the lemon in thin slices, remove the seeds and let cook in boiling water until tender. Use this water and the sugar in making a syrup, and in this cook the melon until it absorbs syrup and looks transparent.

QUERY No. 4041. — "Recipe for Toasted English Muffins."

English Muffins, Toasted

Soften a yeast cake in half a cup of lukewarm water. Add this to a cup of scalded-and-cooled milk, into which two tablespoonfuls of butter have been melted. Add also half a teaspoonful of salt, and one cup and a half of sifted bread flour. Beat the above mixture until it is very smooth. Then cover, and set to rise. When the sponge is light, beat into it about two cups, or two and one-fourth cups, of flour, continuing the beating some few minutes (eight or ten) to make a tough batter. Cover, and let stand until again light. The mixture is now ready to use, or it may be cut down, covered, and set into the refrigerator until morning. When ready to bake, cut the dough into twenty-four pieces. Knead these with floured hands, or on a well-floured board (the dough is rather soft). Then pat them to the size of the rings. Have the board well-floured, and the muffin rings well-buttered. Put the rings on the board and the dough in the rings, and cover close with a pan or cloth. When the dough a little more than half fills the rings, remove the rings and dough with a spatula to a well-heated and buttered griddle. Keep the griddle at uniform temperature, and, when the muffins are baked on one side, turn muffins and rings, and bake the other side. When the muffins are baked, cut through the crust, then tear apart with the finger (as a cracker is split), and toast the halves over a bed of coals. Spread the rough side with butter as soon as toasted, and serve at once. The muffin rings used for this recipe were two inches and three-fourths in diameter. Rings of a larger size may be used. Toasted muffins are served with marmalade and tea as a light lunch, or with a green vegetable salad and cheese as a salad course.

QUERY No. 4042. — "Recipe for a Bread Starter that is continuous; the starter for the next time being taken from the sponge, before the addition of the flour for kneading."

Bread Starter

Before the days of compressed yeast we were accustomed to make potato yeast and set it aside in fruit jars; enough in a jar for one baking. One jar was always retained to start a fresh supply of yeast. Doubtless enough bread sponge, made with any variety of yeast, might be stored in a fruit jar, closed tight, and kept in a cool place to start bread. A cup of this sponge should be enough for four loaves of bread or four cups of liquid.

Potato Yeast

2 quarts boiling water	½ cup salt
4 or 5 medium-sized potatoes	½ cup granulated sugar

1 pint yeast

Pare and grate the potatoes; as each is grated pour over it the boiling water and stir while boiling rapidly; draw to a cooler part of the fire, and grate another and stir into the hot mixture; continue until all the potatoes have been added; then let cook about ten minutes. Add the salt and sugar and let cool to about 68 degrees Fahr., then stir in the yeast. Let stand in the temperature of the living-room about twenty-four hours, stirring down as it becomes light and frothy.

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Ryzon and The New Standards

In the days of Louis XV when royal honors where bestowed upon favorite chefs, cookery was indeed a fine art. Now it is that and more—it has become a science!

This change is due in largest measure to the work of the modern domestic science experts and progressive housewives. They are the ones whose influence is raising the standard of living.

Their hearty endorsement has helped us to introduce Ryzon, the perfect Baking Powder, into many thousand American homes, and the Ryzon Baking Book which embodies their high standards of food preparation is spreading their doctrine of accurate, scientific and uniformly successful baking!



Ryzon is 40c a pound. The new Ryzon Baking Book (original price $1.00), containing 250 practical recipes, many of conservation value and others easily adapted to present day needs, will be mailed, postpaid, upon receipt of 30c in stamps or coin, except in Canada. A pound tin of Ryzon and a copy of the Ryzon Baking Book will be sent free, postpaid, to any domestic science teacher who writes us on school stationery, giving official position.

GENERAL CHEMICAL CO.
FOOD DEPARTMENT
NEW YORK

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Store in fruit jars, tightly closed, putting into a jar no more than is needed for one baking. Hops may be boiled in the water and strained out before adding the potato.

QUERY No. 4043. — "The usual Recipe for Soap made of lye with animal fats does not give satisfactory results when substitute fats are used. How should the recipe be changed?"

Recipe for Soap Made of Substitute Fats

We have not tried soap-making with any fats other than those of animal origin, but certainly most excellent soap may be made with vegetable fats. We would be glad to publish recipes that have been tested and proved worthy of use.

QUERY No. 4044. — "Is something wrong with the recipe for Chocolate Nut Cookies, page 511 of February number of AMERICAN COOKERY? As I made the dough it was too thin to roll."

Chocolate Nut Cookies

The recipe as written is correct. The quantity of flour given, half a cup, while it may seem small, is just right. Use fresh eggs; beat without separating till light and thick; gradually beat in the sugar, keeping the whole very light. After adding the chocolate, chill the mixture; it is then a stiff dough easily handled. Run a spatula beneath the cake on the board and it may be lifted easily and in good shape.

QUERY No. 4045. — "Recipe and directions for using the very Smooth Glossy Frosting used on French pastries such as éclairs."

Smooth Glossy Frosting

The smooth glossy frosting used on éclairs and other French pastries is made of confectioner's sugar, sifted. Often water, or cream with such flavoring as is desired, is the only thing added. The best frosting, probably, results when granulated sugar and water in equal proportions — as one-fourth a cup, each, — are boiled together from three to five minutes and the sugar is stirred into this. The frosting is ready to use when it is stiff enough to remain in place and yet run smoothly. Black coffee or fruit juice may be used in place of the water or cream. One convenient thing about the frosting is that, after work has been begun, more liquid or more frosting may be added as needed to secure the consistency desired without injuring the frosting. Chocolate is melted before it is added.

QUERY No. 4046. — "What is the use of Service Plates and when are they removed from the table?"

Use of Service Plates

The service plate is a large plate, often ten inches in diameter, which marks the center of each cover at the dinner table. The cover is the space allotted to the china, silver, glass and napery needed by one person at table. Upon this plate, in turn, are set raw oysters or cocktail, soup, entrée, fish, all dishes served up to the main course of the dinner. The plate holding the roast is set in the place of the service plate.

QUERY No. 4047. — "Recipe for Frozen Rice Pudding."

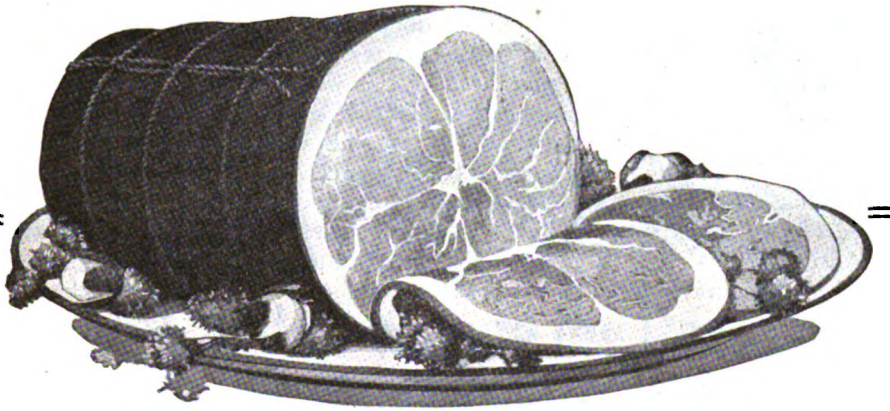
Rice Pudding Glacé

½ cup rice
½ teaspoonful salt
2 cups milk
¼ cup sugar
1 tablespoonful vanilla extract
1½ cups heavy cream, beaten light

Put the rice over the fire in a quantity of cold water; let boil, stirring with a fork meanwhile, five minutes; drain and return to the fire with the salt and milk and let cook in a double boiler until the rice is tender; add the sugar and let cool; add the flavoring and fold in the cream. Put the mixture into a quart mold, filling the corners and packing solidly; cover with paper and tin cover securely. Let stand in equal measures of salt and crushed ice between two and three hours. Serve with raspberry or strawberry preserves, or with preserved chestnuts or pineapple.

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"Since 1827"



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Invites An Appetite

THE delightfulness of the summer luncheon —at home, or in some shady country spot—can be greatly enhanced by serving this savory treat.

Many appetizing dishes of unusual excellence are featured in our new recipe books by Mrs. Ida C. Bailey Allen.

Conserve meats by making them go further. Write for a complimentary copy of this book, giving dealer's name and address.

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New Books

The Food Crisis and Americanism. By WILLIAM STULL. Price $1.25. The Macmillan Company, New York.

The author of this book writes with an intimate and extensive knowledge of agricultural conditions in this country.

He has something to say in criticism of the treatment of the farmer by the government. It is his conviction that, because of misinformation and ignorance on the part of the general public concerning the present conditions and fundamental facts pertaining to agriculture, legislation has been badly directed toward that great basic industry.

His discussion is well pointed and comes with considerable force and appeal at this time.

"Agriculture is the basic industry of our nation. It engages at least one-third of the population. It should receive more serious consideration than any other industry; both in and out of Congress it receives less. Every other civilized country has, during the last sixty years, bettered its agricultural conditions and enormously increased its yield per acre of cereals. We have not done so to any appreciable extent. For fourteen years prior to the beginning of this war, the average wheat yield per acre of France was approximately 36 per cent. above ours; that of Germany, 107 per cent. above; and that of England, 124 per cent. above. Had our 1917 wheat yield per acre been on a parity with those countries, we could have sent the Allies an amount of wheat equal to our entire yield for that year and have had a superabundance for home consumption."

Every patriotic American should read and ponder well the contents of such books as this.

"The Adamson Law was, at the same time, the greatest stride yet taken towards Socialism and the hardest blow yet received by American agriculture." Why? Because organized labor in the industries, and unorganized labor on the farm were not, and can not be, put upon the same basis.

"The American people cannot refuse to recognize, in the trend of events, certain economic, socialistic, if not anarchistic, tendencies of the times. They must be met and dealt with. Delays are dangerous."

Household Engineering. By MRS. CHRISTINE FREDERICK. Price, cloth, textbook edition, $1.75; ¾ leather, $2.25. American School of Home Economics, Chicago, Illinois.

"Household Engineering" is a pioneer work — it marks a distinct forward step in the care and management of the home. It is the "technique," the "better practice" of cookery and housework, in that it applies the principles of "efficiency



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Wheatena Wheatena Wheatena

Tastes Good

A Good Beginning to the Day.

Don't you remember how you used to thrill when you came down to breakfast and found Mother's Pan Cakes there? So it is now with

***Wheatena*—"The Heart of the Wheat" Cereal.**

There is something about it that simply captures the appetite of the whole family, from Dad at the head of the table to the "year old" in the high chair. The nutty, wholesome flavor just holds you — every one delights in it and wants more, wants it every day; and there are so many ways of satisfying their wants besides just giving them the best cereal they ever ate and never tire of. ***Wheatena*** makes delicious muffins, puddings and any number of side dishes, all of which are so healthful and take the place of meat and eggs.

Try ***Wheatena*** for breakfast and see for yourself what there is about it that you can't resist. And ***Wheatena*** is ready to serve in three minutes. Your grocer sells it.



The Wheatena Company,
Wheatenaville,
Rahway, New Jersey.

Remember—"Wheatena Tastes Good."

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engineering" and "scientific management" to the affairs of the home, with results that are quite as wonderful as when these principles are applied to manufacturing.

As a text on the practice of housekeeping, "Household Engineering" supplies a great need. It gives very thorough and excellent treatment on "grouping" of equipment and supplies for cooking, cleaning and laundry work and on "routing" of work. Gives full consideration of "labor-saving equipment"; is most excellent on "schedules" for housework — daily, weekly and special. There are many valuable "time studies" of all household tasks and many examples of "standard practice."

The chapters on Food Preparation, Cleaning and Laundry are especially good and have many new suggestions. The chapter on Household Finance, Budget-Making and Record Keeping is very sensible and practical. "Household Purchasing" contains many new points. The handling of Household Service Problems, both of part-time and of full-time houseworkers is up to date and sound. The chapter on "House Planning" contains a number of new ideas and the final chapter on "Health and Personal Efficiency" gives a fitting culmination of an exceptionally valuable textbook.

This book is suitable for teachers, pupils or home-makers. It teaches how to adapt the latest methods of scientific management to the affairs of the household. A good book for study or reference.

Housewifery. By LYDIA RAY BALDERSTON, A. M. 176 illustrations, 8vo. cloth, net, $2.00. J. B. Lippincott Company, Philadelphia, Pa.

The volume is the outgrowth of many years of experience in housekeeping and in teaching housewifery to groups of practical housekeepers. The development of this art in recent years has been very marked, and the book brings this new knowledge to every home and school in a practical form. The large number of illustrations, many of them taken under the direct supervision of the author,



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Making Foods

Doubly Attractive



Bread and Milk

Is a great food for children. You wish they would eat it oftener.

But white bread contains only about half the wheat. It omits much which growing children need.



Add Puffed Wheat

And you have a whole-grain dainty. The grains are toasted bubbles puffed to eight times normal size. They are flavory and flaky. The dish is made twice as delightful.



Sliced Bananas

Or any fruit is healthful and delicious. But fruit is better served with crust, as in pies and tarts and shortcakes.



Add Puffed Rice

And you have a delightful blend. You add flimsy morsels with a nut-like taste — rice bubbles which crush at a touch.



Ice Cream

Is good and good for you. But most people consider it twice better mixed with nuts.



Add Corn Puffs

And you add the nutty flavor in the form of fragile, toasted globules puffed from corn hearts.

Puffed Wheat **Puffed Rice**

Corn Puffs

All Bubble Grains Each 15c Except in Far West

The Quaker Oats Company

Sole Makers

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reinforce every chapter with ocular demonstrations of the text. They are extremely clear and helpful.

Nothing will show more clearly the scope of the volume than the table of contents:

I. Housewifery as a Business.
II. Plumbing
III. Heating and Lighting
IV. Equipment and Labor-Saving Appliances, 1
V. Equipment and Labor-Saving Appliances, 2
VI. Household Supplies
VII. Household Furnishings
VIII. Storage
IX. Cleaning and Care of Rooms, Beds, Bathroom, Kitchen, Metals
X. Cleaning and Renovation
XI. Disinfectants and Fumigants
XII. Household Pests
XIII. Suggestions for Teachers

Women are no longer satisfied to be household drudges. This book points the fact that home-making is not only an art, but a fine art that appeals to the deepest instincts of the normal woman. Social changes affecting the home have made a readjustment of household methods imperatively necessary. Instead of a trial, home-making should be a satisfying profession and a joy. Here is a guide by which to help achieve this end.

President Wilson's Lunch, Copley Plaza, Boston

THE MENU

Cape Cod Oysters à la Mignonette
Petite Marmitte Passe en Tasse à la Moelle
Filet de Soles au Vin Blanc aux Ecrivisses, à l'Americaine
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Asperges Nouvelles, Sauce Mousseline
Pommes Soufflées
Bombe Tricolor
Mignardise
Cafe

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for LENTEN DISHES



If any of the food which is usually served at your table is eliminated during this season, would it not be well to make up the deficiency by serving a dessert which is rich in food value?

Nesnah Desserts and Ice Cream are made with warm milk, the sweetening and flavoring is contained in the Nesnah just as it comes in the 10c packages. No cornstarch, flour, or gelatine is necessary to give a delicious milk custard, which is both nourishing and sustaining to all members of the family.

Six Pure Fruit Flavors

Vanilla	**Chocolate**	**Lemon**
Orange	**Raspberry**	**Almond**

A Post Card will bring a free sample and a booklet of recipes.

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THE JUNKET FOLKS
Box 2507, **Little Falls, N. Y.**

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How Baker's Coconut Milk Saves Shortening

WHEN you next make a coconut dish, use Baker's Fresh *Grated Coconut,* and note how you save milk and fat, yet gain an added richness and flavor.

Use the coconut milk with the free fat in the can, as a shortening, substituting for an equal quantity of milk and one tablespoonful butter or other shortening.

In contradistinction to dry coconut, Baker's Fresh Grated Coconut is both a milk and a fat saver, because of the Coconut Milk in the can.

Being unsweetened and of natural flavor, it may be used in great variety.

Send for the Baker Recipe Book. It is Free.

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Philadelphia, Pa.

BAKER'S
FRESH GRATED COCONUT

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UNCLE JOHN'S SYRUP
for Fudge and Candy

You can make delicious candies with Uncle John's Syrup — maple fudge, taffy, walnut bar, maple crisp, cocoanut fudge — and the real flavor from the maple grove will be in every piece.

Have Uncle John's Syrup on the table every meal — it's as necessary as the sugar and cream. Unequalled for pancakes, hot biscuits, steamed bread, boiled rice and waffles.

Put up in four convenient sizes.
Ask your grocer for a can today.

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Compressed yeast is being prescribed and used with splendid results in cases of boils, carbuncles, pimples and similar skin afflictions.

It is also a gentle but efficient laxative.

"The Healing Power of Compressed Yeast," is the title of a little booklet that will tell you all about it.

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Trade Mark Registered.
Gluten Flour
40% GLUTEN
Guaranteed to comply in all respects to standard requirements of U. S. Dept. of Agriculture.
Manufactured by
FARWELL & RHINES
Watertown, N. Y.

THE SILVER LINING

Japanese English

The following was sent to foreign residents in Kobe, Japan, to notify them that a new laundry firm had restored prices formerly in vogue:

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Ladies and Gentlemen: — We the washer of every kind of clothes, blanket, and so on, newly established the company and engaged the business at No. 2582 Ono, Kobe. Contrary to our opposite company we will most cleanly and carefully wash our customers with possible chief price as follows: Ladies' $2 per 100; Gentlemen's $1.50 per 100. Certain due to the day transacted; if we will misconduct for washing we will manage with equal kind or reasonable money for it. To our earnest request and honor we wish to have your pleasure to let us wash your clothes and so on.

With your wages we will work the business.

All She Wanted

Mrs. Newbride: "I want to get some salad."

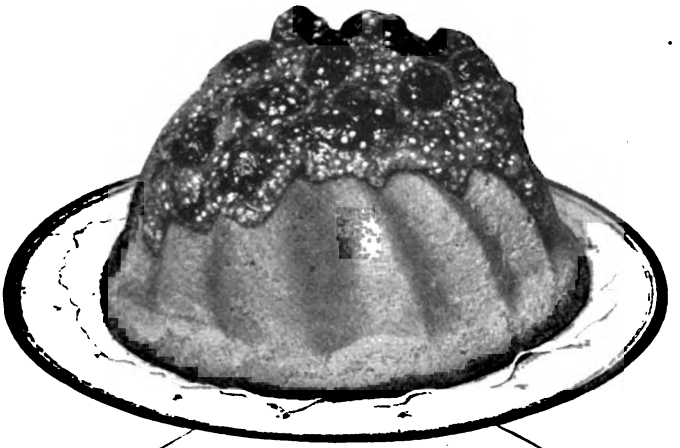
Dealer: "Yes'm. How many heads?"

Mrs. Newbride: "Mercy! I thought you took the heads off. I just want plain chicken salad."

William Wilberforce, the slave liberator, had a most efficient sister. She hustled for William and succeeded in getting him elected to Parliament. On one occasion, when she had concluded her stump speech, some enthusiasts in the crowd shouted, "Miss Wilberforce forever!" The lady stepped forward. "Gentlemen, I thank you," she said,

TANGLEFOOT
The Non-Poisonous Fly Destroyer
The United States Public Health Service advises: "Arsenical Fly-Destroying devices must be rated as extremely dangerous, and should never be used."

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FRUIT SURPRISE

Boil a cupful of Minute Tapioca in a quart of water until clear; remove from the fire and add a glass of preserved strawberries or a cup and a half of sweetened stewed rhubarb. Remove the center carefully from a round sponge cake and fill with the fruit tapioca. Serve with whipped cream.

Always Ready — Always Good

Minute Tapioca is always ready for use. It is thoroughly cooked in fifteen minutes. So you may use it just as confidently in your last minute dessert as in the one which is prepared in the morning. The delicious flavor is there just the same.

Minute Tapioca is easily digested and is highly nutritious.



Minute Tapioca

Father likes its delightful taste in his favorite dishes. It may be used as successfully in soups and gravies as in entrees, salads or desserts.

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Fannie Merritt Farmer

Author of
The Boston Cooking School Cook Book



IN OAK BOX — Net $1.25

Arranged in twelve sections under the headings of SOUPS, FISH, POTATOES, MEATS and ENTREES. VEGETABLES, POULTRY, SALADS, BREAD, CAKES, PIES, PUDDINGS, ICE CREAM and DESSERTS.

Includes 200 recipes not contained in THE BOSTON COOKING SCHOOL COOK BOOK, and a generous supply of blank cards for the busy housewife to use for her own special recipes.

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Cream Whipping Made Easy and Inexpensive

CREMO-VESCO

Whips Thin Cream
or Half Heavy Cream and Milk
or Top of the Milk Bottle

It whips up as easily as heavy cream and retains its stiffness.

Every caterer and housekeeper wants CREMO-VESCO.

Send for a bottle today.

Housekeeper's size, 1½oz., .30 prepaid
Caterer's size, 16oz., $1.00 "
(With full directions.)

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631 EAST 23rd ST., BROOKLYN, N. Y.

"but, believe me, I do not wish to be Miss Wilberforce forever."— *Tit-Bits.*

He Was on the Right Track With that Question

Doctor J. M. Buckley, the Methodist divine, was asked one day to conduct an "experience meeting" at a colored church in the South.

A colored woman arose and bore witness to the preciousness of her religion as light bringer and comfort giver.

"That's good, sister!" commented Doctor Buckley. "But now about the practical side. Does your religion make you strive to prepare your husband a good dinner? Does it make you look after him in every way?"

Just then Doctor Buckley felt a yank at his coat tails by the colored preacher, who whispered ardently: "Press dem questions, doctor, press dem questions. Dat's my wife!"

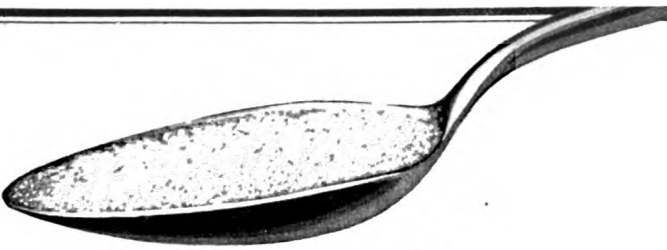
"It is the duty of every one to make at least one person happy during the week," said a Sunday-school teacher. "Have you done so, Freddy?" "Yes." "What did you do?" "I went to see my aunt and she was happy when I went home."

The Detroit *Free Press* says that the trouble with the Irish question is that too many of the Irish people want what too many of the Irish people don't want. Sometimes we have the same sort of trouble in a church.— *English Reformed Church Messenger.*

It happened in England where one of the crack regiments of horsemen were drilling. One horse made a wild dash across the field in spite of all his rider could do. Instructor: "Where are you going?" Rider: "I don't know, sir, but the horse belongs in Canada."— *Judge.*

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Mrs. Knox Says—

One tablespoonful of KNOX SPARKLING GELATINE will make a delightful wholesome dessert or salad for six people. It is called the "4 to 1" gelatine because it is so economical, going four times further than ready flavored packages.

KNOX
SPARKLING
GELATINE

Is *true* gelatine, as pure as sunshine. It blends exquisitely with fruits, greens, vegetables, meats and all flavors. Here is a chocolate suggestion:

French Chocolate Cream (illustrated below)

2 Ounces Chocolate
¼ Cupful Water
1½ Teaspoonfuls Butter
1 Cupful Powdered Sugar
1½ Tablespoonfuls Knox's Gelatine
½ Teaspoonful Vanilla
1 Pint Heavy Cream

Combine chocolate, water, butter and melt over hot water. Add gelatine, which has been softened in a little cold water and stir in the powdered sugar. Cool, stirring occasionally so that it will not stiffen, add vanilla and fold slowly into the cream, which has been beaten until stiff. Pour into a wet mould and chill. Decorate with whipped cream. Three egg whites beaten until stiff may be used in place of the whipped cream.

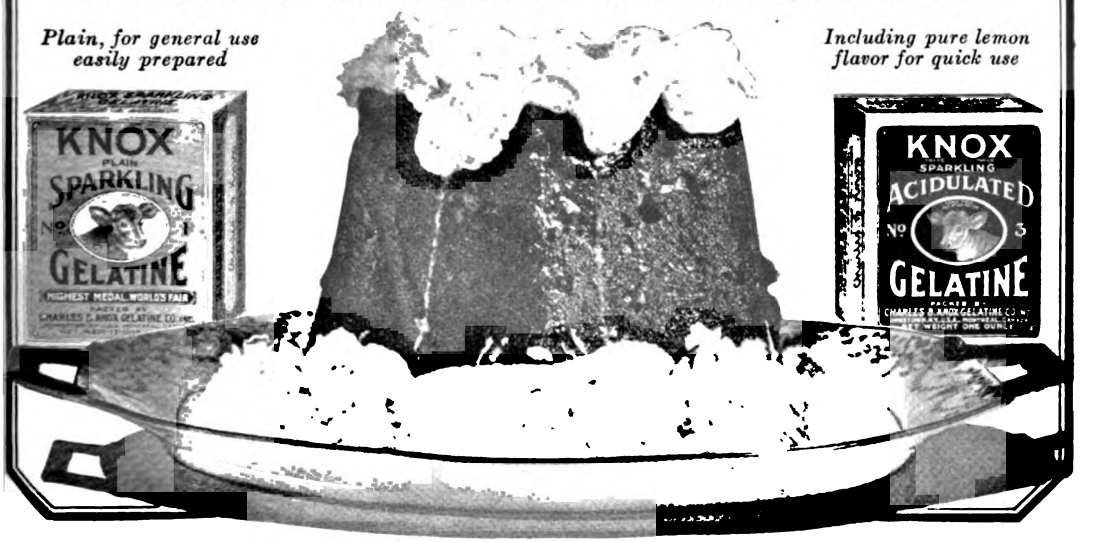
This recipe makes over a pint of jelly or from seven to eight individual servings and uses only a little over a quarter of a box of Knox Sparkling Gelatine.

There are a wealth of other happy, easy suggestions, in the Knox Knowledge Books, "Dainty Desserts" and "Food Economy." Sent free if you give your grocer's name.

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Plain, for general use easily prepared

Including pure lemon flavor for quick use



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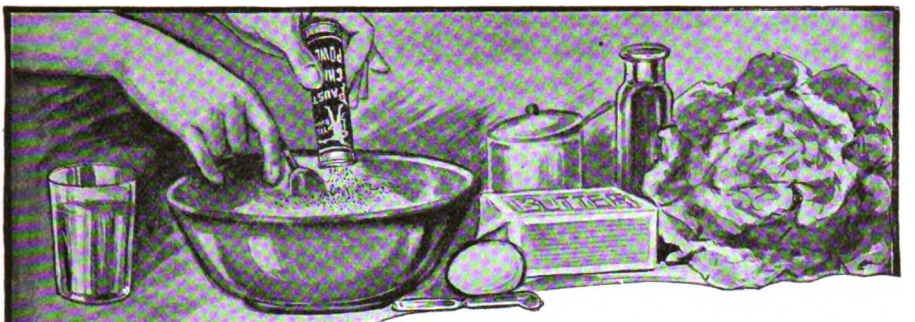
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1½ lbs. beef off round, ground not too fine; 2 large onions; 2 teaspoonfuls salt; 4 large tablespoons Blanke's Chile Powder; 1 heaping tablespoon lard; 1 pint Mexican chile beans or 1 pint red kidney beans; 1 pint hot water. Soak beans in water and boil until done; cut onions in small bits and fry in the lard; add to this the ground beef which has been sprinkled with a little flour and salt; stir until seared, then add one pint hot water, the cooked beans and Chile Powder. Stir and let cook slowly 30 minutes.



Faust Chile Spaghetti Au Gratin

Cook a half pound of spaghetti until done, put in a baking dish, put two tablespoons of bacon grease, add a pint of tomatoes, put on a tablespoonful of Chile Powder mixed well together, and salt to suit, put on top a sprinkling of grated cheese, place in oven to slowly bake. When the top is brown it will be ready to serve.



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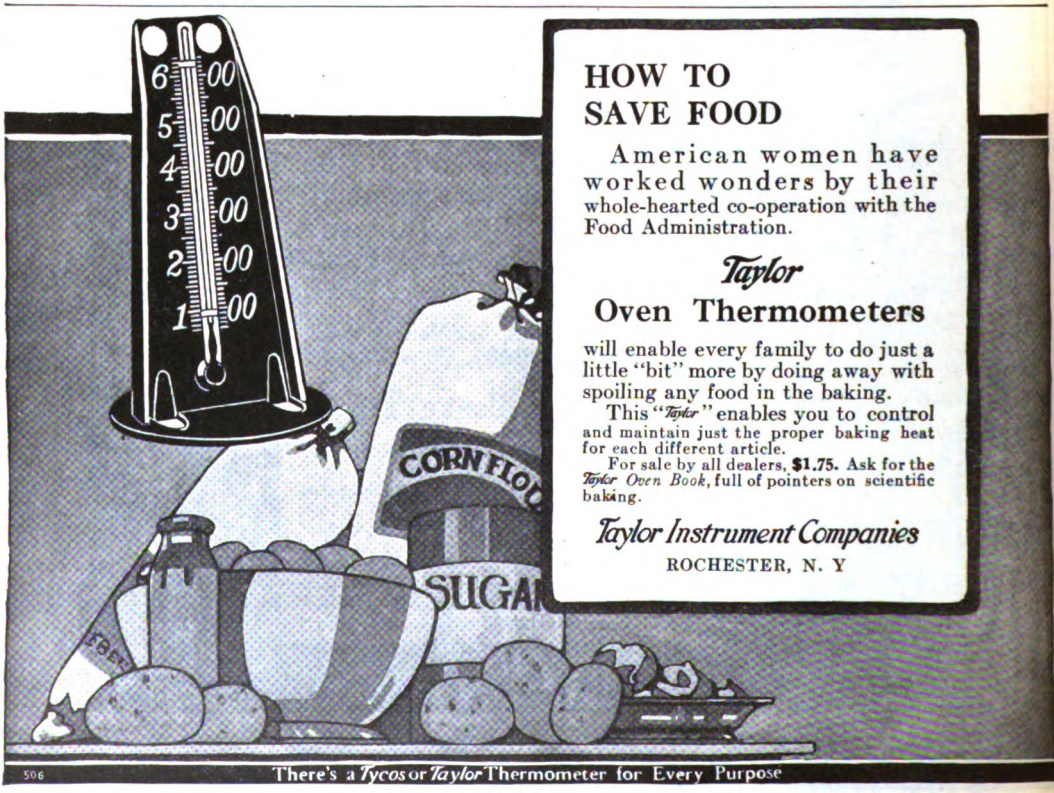
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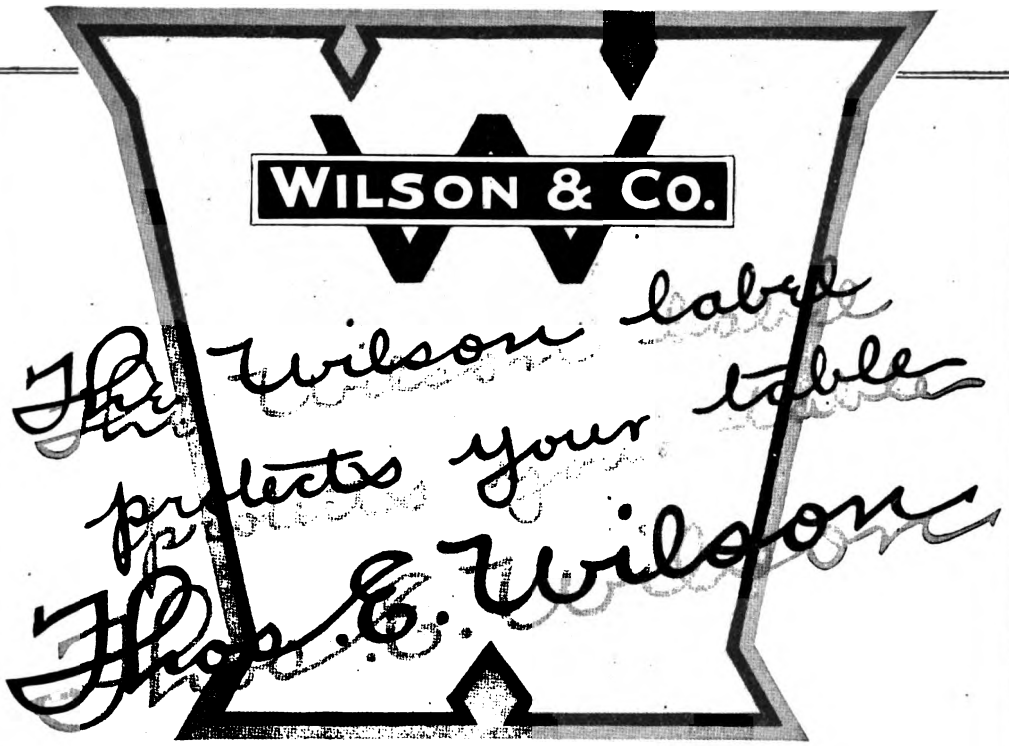
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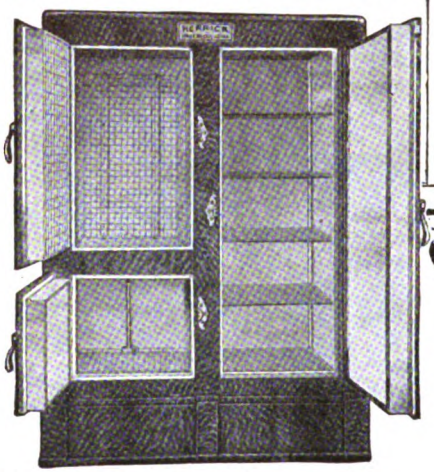
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Two dates actually contain natural sugar equivalent to one level teaspoonful of refined sugar.

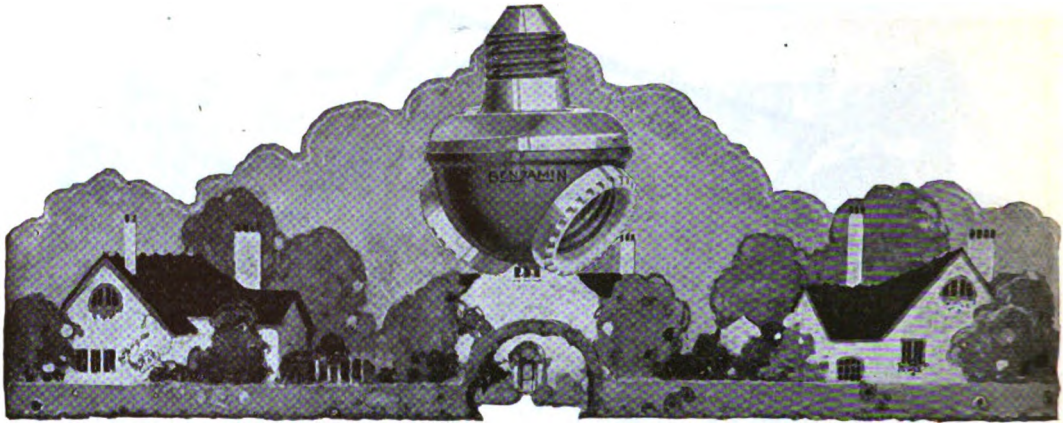
Dromedary Date and Corn-Meal Pudding (Baked)

4 cups milk
¾ cup corn-meal
½ teaspoon salt
½ cup sugar
1 tablespoon melted butter substitute
3 eggs (well beaten)
1½ cups stoned Dromedary Dates cut in halves

Bring milk to boiling point. Sprinkle in corn-meal slowly and cook until thick, stirring constantly. Add other ingredients in given order. Pour into a greased fireproof dish and bake in a moderate oven until firm. Turn out and decorate with dates. Serve with milk or any preferred sweet sauce.

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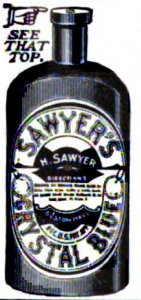
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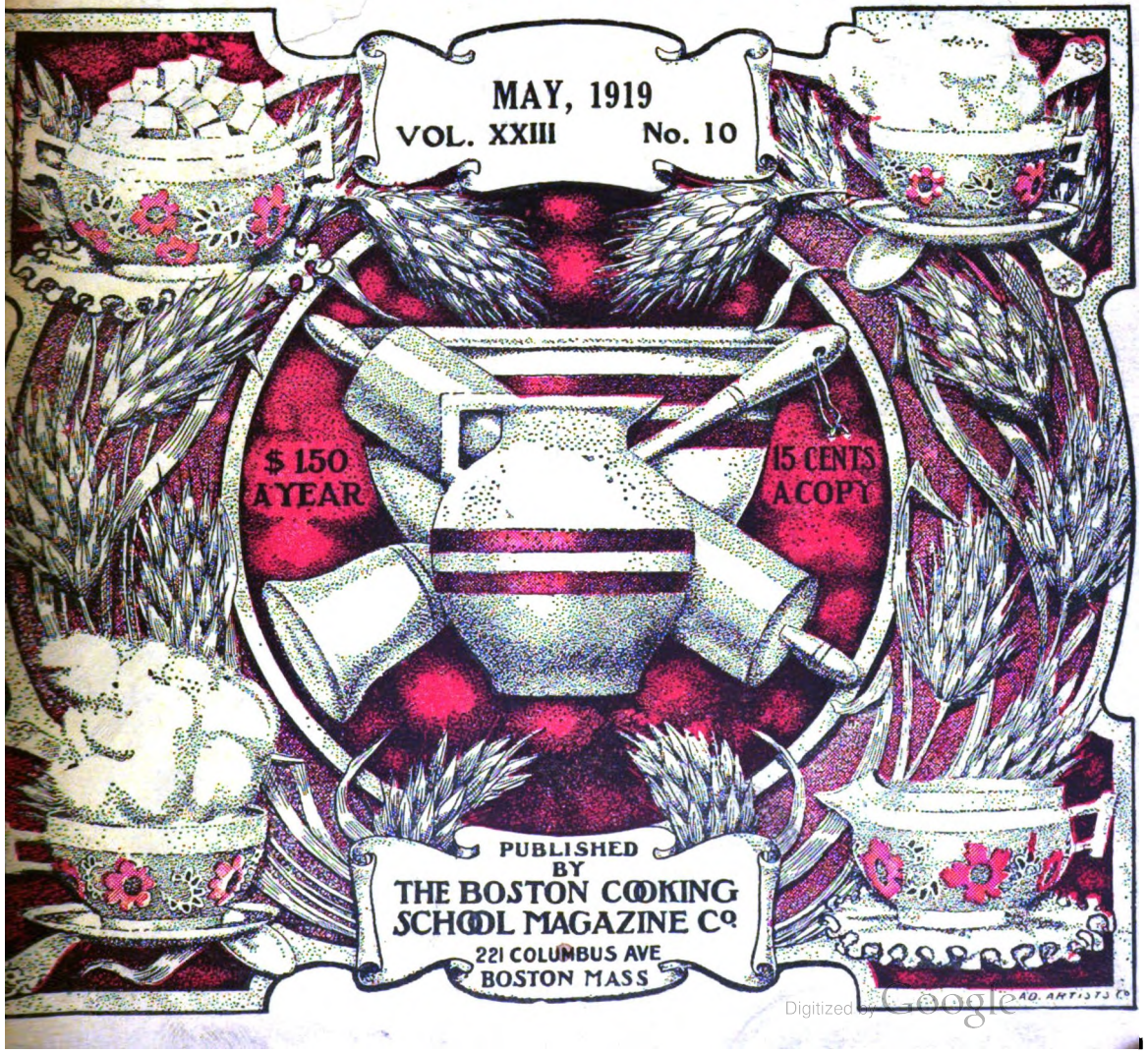
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AMERICAN COOKERY

FORMERLY

THE BOSTON COOKING-SCHOOL MAGAZINE

OF CULINARY SCIENCE AND DOMESTIC ECONOMICS



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AMERICAN COOKERY

Vol. XXIII **MAY, 1919** **No. 10**

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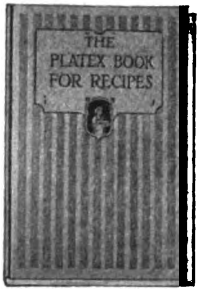
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Cup Baked Custard
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1 dozen Pecan-Nut Meats
1 dozen Strawberries

III

Cream Cheese Sandwich
Peanut Butter Sandwich
3 Slices Pineapple
Small Sponge Cake
1 Cup Cocoa in Thermos Bottle



BOX LUNCHEON 1

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THIS GARDEN IS COVERED WITH VINES, THE LONG SEAT IS FOR OUT-DOOR LIVING

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American Cookery

VOL. XXIII MAY, 1919 No. 10

The Garden and Its Herbaceous Border

By Mary Harrod Northend

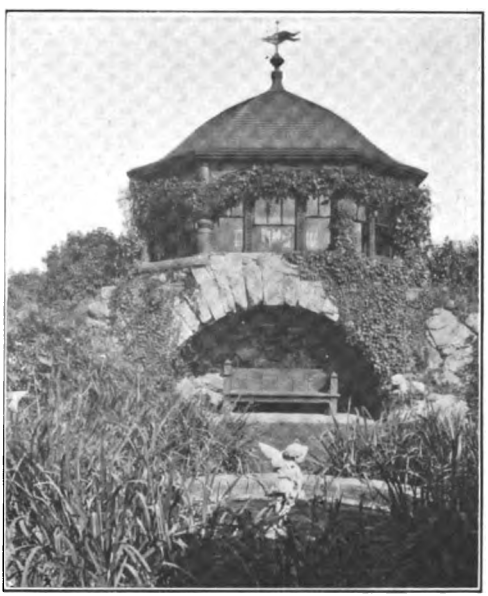
WE are learning, as an American people, more and more the value of a garden as a living room. The movement toward life in the open has done much to bring about innovation. It is not a new idea; in our grandames time the green arbor at the end of the garden was used for this purpose. Today the riot of color found in gardens has given the idea to prominent people to use it as a living room.

It need not be expensive furniture that is used for this purpose. William Dean Howells has converted an old pew into a garden seat. It stands in the midst of his daughter Mildred's old-fashioned garden, and it is here that he comes for quiet and rest. Harriet Prescott Spofford does much of her literary work in her out-door, garden living room. Another devotee to this idea is Kate Douglas Wiggin. Her work being over with the coming in of the afternoon, one finds her in this out-door room entertaining her friends with a social chat and a cup of tea. Margaret Deland lives much of her summer life in her out-door living room.

The furnishing of this garden varies with its type. The Italian garden shows elaborate pergolas, marble fragments, and expensive luxuries in keeping with the garden itself. In the informal garden everything is simple. Lattice porches are often introduced. They stand generally at the end of a long garden walk with vines clambering up over the roof. While white is often used for color, yet it is more desirable to paint the lattice a blue green, just the tint that harmonizes with the foliage. The furniture can follow the same color with covers of dull orange, both these being restful to the eye.

The tea-house can also be used in connection with this idea. It need not be pretentious, it can be simply a rough bark enclosure with old-fashioned hickory furnishings, movable, so that they can be taken to any part of the grounds. The wooden garden furniture, the product of the carpenter's craft and inexpensive, is really the best for use. It can be carefully designed and joined together so that it is seemingly of one piece. This kind of furniture has many things to recommend it, for in addition to its inexpensiveness it is shown in a great variety of forms, suitable for everyone's taste.

The best kind of wood to be used for



TEA-HOUSE AND LILY POND

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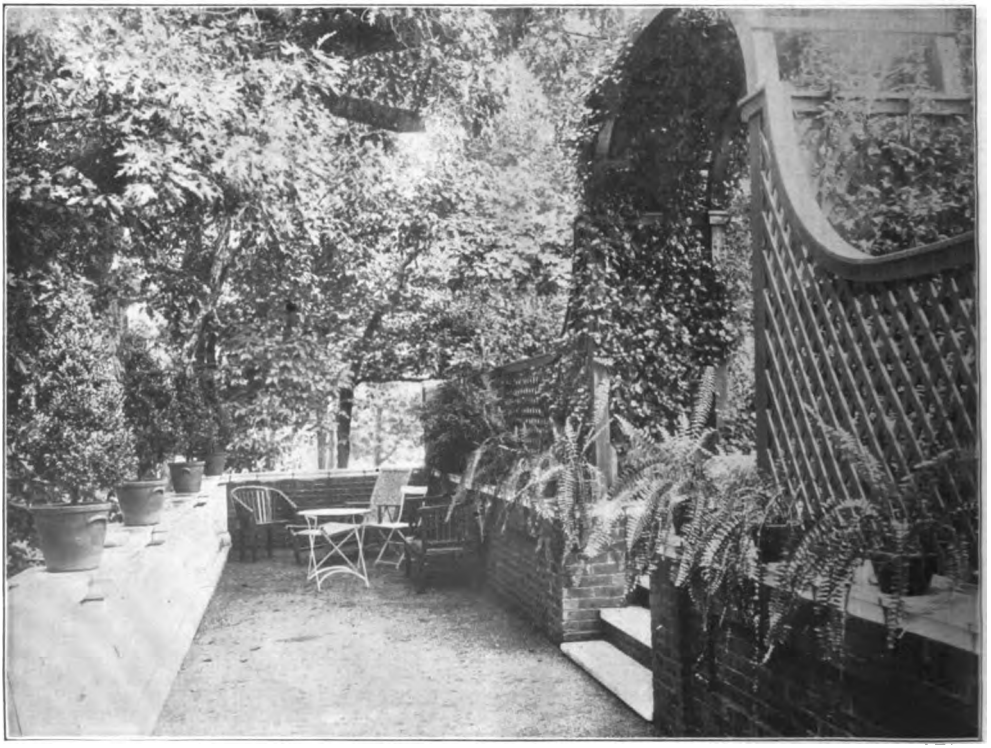
this purpose is the North Carolina Pine, painted white; it shows good wearing qualities. Then, too, it can be designed to fit special places. Care should be taken in the arranging and placing of the pieces, so that they will command restful views and picturesque scenery, letting the eye rest on cheerful surroundings.

A settle against shrubbery, more especially if a couple of chairs and tables are added, white in tone, gives a fresh, clean look to the garden proper. The flooring of the tea-room can be of hard wood, or a rug carelessly thrown on the ground will be suitable for this purpose. There are great varieties of these, such as the Crex, the Bungo and the Scotch, all of which have good wearing qualities. One must bear in mind, in choosing this furniture, appropriate setting. Plain settles, benches and seats belong to the informal garden, and can be placed wherever inclination dictates. The designing of them depends, in a way, upon the type of the garden. It is worth noting that the plainer the line, the more substantial the structure, the better it is adapted to the lay-out. While the grouping of intimate subjects will give it a home-like effect.

Elaborate Italian renaissance furniture will be entirely out of place in the little summer garden plot, while the home-made pieces are in harmony with their surroundings. It must be remembered that a sense of fitness should be carefully thought out,—this will prove a safeguard and a guide when choosing and placing the living room furniture.

The Herbaceous Border

In making a permanent herbaceous border, the first requisite is good drainage, as few except semi-aquatics will succeed in a wet soil. Very fine effects can be obtained in borders six to eight feet wide, although narrower borders can be made attractive if properly planned. And here



OUT-DOOR LIVING ROOM OVERLOOKING THE SEA

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let it be said that best results are secured by making a plan well in advance, and then adhering to it.

A good background is always desirable; tall growing plants must, of course, find a place at the back of the border. But the mistake is frequently made of carefully graduating the heights, so that the tallest are always at the back, and the shortest in front, like a flight of steps, in which the plants lose their individuality, and thereby much of their charm. The most effective arrangement is obtained by planting some varieties as groups, and some as individual specimens, and, by having plants of medium height near the front of the border, greater depth is obtained, and the general effect made much more pleasing.

Im planning the border it is well to guard against possible bare spaces left by plants flowering, and then "going by." Do not plant early flowering varieties too near the edge, unless they retain good foliage till fall. Later flowering sorts should be planted in front, so that they may cover any bare spaces left by the early flowering plants. A judicious selection will provide a succession of bloom from early spring until late fall. In the following selection only those which may be relied upon to prove satisfactory are included, and, in except a few cases, are perfectly hardy.

The Delphinium is one of the most beautiful of all flowers for the herbaceous border. It provides a rich blue blossom of various shades, and its stateliness of habit makes it a marked plant in any garden. The foliage is shapely and classical in outline, and the columnar spikes of bloom are borne freely and succeed one another through a period of about three months. *D. Belladonna* bears sky blue flowers, but will not stand a severe winter. *D. Belladonna grandiflora* is generally larger. *B. semi-plena*, sky blue, flushed lavender. Nulla Secundas, as its name implies, is second to none, being very robust and of the finest white.

Apart from delphiniums blue flowered plants are not numerous. Two comparatively new additions are worthy of consideration, both being varieties of the old *Anchusa Italica*. One, named Superba, has dark blue blossoms, and the



PERGOLA COVERED WITH VINES

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other, Opal, has sky blue flowers. These two remarkably fine plants are unsurpassed.

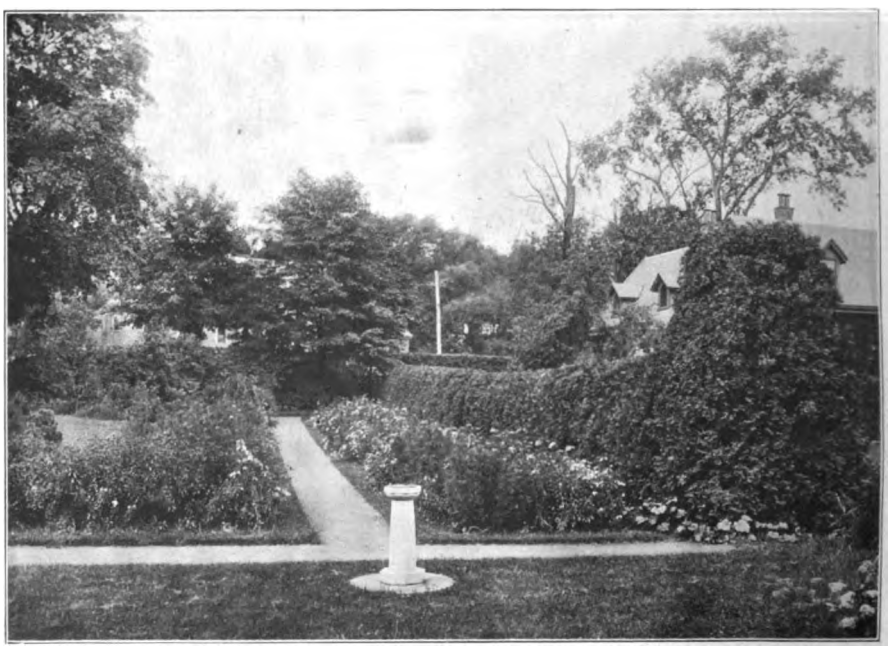
Next to delphiniums in stateliness come the *Aconitums*, which give a succession of bloom over a long period. The new *A. Wilsonii* is the most effective. This grows six feet high and bears pale blue flowers. *A. Rostratum* bears pale blue flowers, and grows to a height of four feet. *Cerise Queen* bears flowers which are cerise pink in color and produces them abundantly all summer and fall.

Anemone Japonica is a fall flowering species, which it is hard to equal. But it is not hardy enough to withstand the severity of northern winters in all localities. In favored positions, however, it does well. Two or three years growth is necessary before it is well established, and as the roots penetrate deeply, the soil should be well prepared. These plants will grow to a height of six feet under proper conditions and, planted in groups, the luxuriant foliage and great masses of flowers are unequalled in the fall. The old *Anemone Japonica*, either the pink or white form, is hard to beat. *Autumn Queen*, semi-double, is dark rose in color. *Mont Rose*, pale pink, is very double. *Whirlwind* is a fine double white. *Purperine*, purplish-rose, bears a very large flower.

For the edge of the border among the great variety of low-growing plants *Arabia alpina* is of great merit. This blooms very profusely all summer, the pure white flowers being borne on spikes similar to stocks.

For dry positions *Euphorbia polychroma* and *E. Corollata* are excellent plants seldom seen in cultivation. *E.* polychroma forms a cylindrical bush, covered with yellow bracts, and *E.* corollata bears a great profusion of white flowers.

Among the gorgeous May flowers is the Oriental Poppy. The most desirable of the newer sorts are Mephistopheles, Lady Roscoe, Jennie Mawson, and Margaret. As these flowers are not very lasting they should not be planted near the front of the border.



BORDER OF PHLOX

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For a sheltered place a remarkable plant is *Cstrowskya magnifica*. This should be given a well-drained position, and on no account should the roots be disturbed after planting. The flowers range from blue to rose and pure white, and under favorable conditions will grow six feet high.

Probably the most common and useful of all herbaceous plants for providing fine autumnal effects are *Asters* or *Michælmas Daisies*. In the past few years a great improvement has been made in these, many varieties extremely well suited to garden cultivation having been produced. These produce small flowers in great profusion on long, pendulous branches right from the ground. For border use and for cutting they have few superiors.

Aster Amellus has large rich blue flowers, grows about two feet high, and is very useful where masses of color are desired. Pale lavender, deep rose, and almost clear white are found among such varieties as Herbert and Distinction. For planting in the front of the border, Delight, Star Shower, Golden Spray, Chastity, Maidenhood and King Edward VII are unsurpassed, as they make perfect pyramids of bloom on single stems.



IRIS INSIDE BOX BORDER

Among the small-growing herbaceous plants Heucheras find a foremost place, the beautiful scarlet, H. sanguinea, leading. H. Shirley grows three feet high and has very large scarlet flowers. Pageant is a fine, strong grower, rich, bright crimson in color.

The charming Gypsophila paniculata is very popular as it bears a cloud of fleecy-white blossoms.



BORDER OF SWEET ALYSSUM INSIDE THE GRASS

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Morning and a Garden

By Florence L. Tucker

HAVE you a garden? Just a little home-y garden that you plant and tend yourself, and find joy in? Then you are feeling with me the little wakings of interest that come anew with each early springtime when the birds outside your window greet the dawn with such animated chatter, and a soft something in the air sends an electric impulse to your blood, with the realization that the time is come again to garden! Perhaps, like me, you have thought I cannot give the time to it again; but the hint in the sky, the suggestion in the air, the busy beginnings of the birds, my gardening ear is alert, and all suddenly I am full of zest and zeal! Is it so with you?

If yours is an English garden like my friend's on B—Street, with close-clipped lawn and trellis and tea-table, if it is all laid off symmetrically with level, graveled walks and perfect borders, with no intruding rock or weed that your gardener can find, I believe I'll not ask you to come to visit mine. Or if your garden is big and old and well-seasoned, like Mrs. C—'s; hers has a pear tree, can anything be lovelier in a garden than a pear tree? and strawberries, and an asparagus bed, and dahlias and roses and Japanese lilies, and rocks and rubbish! Oh, she has everything, and when, after visiting hers, I come back to mine I should feel almost discouraged, but that my little garden is neat, and that nothing can take away the joy there is in it, for I found it right here.

I had never gardened; I knew nothing of the pleasures of it. This was the first garden spot I had ever had, and I set to work to grow nice fresh vegetables like my neighbors. I went after beans and okra and lettuce, and I got a wonderful interest, the joy of growing things, and a love I had known nothing about! The love that makes all things and people akin, and that is found nowhere else in just the same way as when, at five o'clock of a May morning, you stand and look around you, and stoop and take in your hand the friendly mold, and it comes to you what Richard Henry Dana meant when he said:

> "Have thy soul feel the universal breath,
> With which all nature's quick, and learn to be
> *Sharer* in all thou dost touch or see."

It is wonderful what a difference it makes, putting the seed in the ground yourself, and taking care of the little plants after they come. The old gardener had the same thought, expressed only in another way: "I feel," he said, "that I am having a share in creation." It does not matter what you grow, you are still part with creation.

The miracle about it all is that you have open about you a new world, and within you a new and radiant joy. Each day is a gift fresh for our taking, and brings its interest. When I rise from my sleeping porch, I hasten out to see what may have happened overnight. Emerson calls our attention that the clouds are never twice the same; it is true of a garden. For oh, how things do grow! some things almost before your very eyes. And so many things happen! the most everyday plants develop the unexpected, and insects, new and strange, like Daffy-Down-Dilly, "come up to town."

And did you know that rocks grow overnight, or seem to? For each time that you work a bed, there you find a new supply of rocks. By continually throwing mine out I have a tiny rock wall dividing the garden from the yard, and over this wall I have English ivy and trailing nasturtiums.

I like nasturtiums, they are so gener-

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ous; no matter how many I gather one day, the next brings me as many. In their variegated hues and the flush of the dewy morning, no flowers could be more satisfactory. I like to send them to one neighbor and another for her breakfast table. But I must arrange them, gathered with long stems and a few half-grown leaves, each blossom placed carefully so that it will not touch another. I use a silver vase and the most loving pains in arrangement; and my offering must be made not later than seven o'clock.

It is the touch of the morning that we must catch, the sweetness and glory, not to be reclaimed from the day. If a garden yielded nothing but this, that we rise early and standing in its soft loam, look about us, it has brought us beyond our computation, beyond our imagining, even. Have you not noticed how in the early morning every one who passes speaks in such friendly way? Thought is kind, and as you follow your little hoe hope walks smiling beside the rows with you, and you say to yourself, "Oh, I wish *everybody* had the joy of a garden!"

I remember when I was a child with what longing I watched the morning become lost in the day. I had the feeling of holding onto something tight, as if I could not let it go, the joy of it was tinctured with a sadness my childish heart knew not how to name. And it is like that now, sometimes, when, work as fast as I may, I am conscious that the sun will soon come strong up over the roof hip, and the cheerful breakfast bell summon me in.

Oh, but what moments of triumph when I can come bearing my trophies! Small as my garden is I must have a few rose bushes. And just one rose, half-blown, sensitive, with the soft blush of the morning upon its every petal, is enough to bring a fine rapture with it. We have a big wide porch, with a deep recess where sits a round table; here we have our breakfast, looking out over the garden. To this table my rose (if there be but one) is brought; not in a bud vase, heaven forbid! but in a vase with a good base and a wide flange; for there are vases which, accommodating but two or three stems, have still some *body*.

It is wonderful how much depends on the disposing of a flower. And how much can be made of just a common little blossom or two; any of the annuals, or, in September, morning-glories. Weeds are never allowed to get any hold in my garden, but a few field morning-glories do manage to get in among the butter beans that run over the fence. September being my month, the morning-glories have their claim on my affection; the birthday breakfast table is always adorned with them, arranged at this time by other hands, and so the more enjoyed by me. One who has never tried it has no idea how effective morning-glories may be. And if they are soon passed, why, so is breakfast! And nothing else could have been the same.

The first day of anything in the garden is a gala day. When I come in, fairly bathed in pride and delight, and lay my offering before my family, they receive it with acclamations, becoming and so measured as not to disappoint. For appreciation is absolutely necessary, and the absence of it, if such thing can be conceived, would be simply heartless. The spring morning when first I surprise them with young carrots, all golden and moist with the brown earth clinging to them, is always a day of celebration. Carefully washed and with the feathery tops uncut, they are brought to table in a long celery dish. And if you have never tasted the deliciousness of raw carrots in their pristine freshness like this, come and have breakfast with us!

As soon after breakfast as possible is when I make a basket for a neighbor. And such a choice basket came my way! brought to the door by an old negro who had made it, and others, but they did not count, for sale. It is oblong and shallow, with a beautiful handle; as suited as a basket could be, for the vegetables first,

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and the blossoms on top, and little bunches of parsley stuck about. You would laugh to see how much pleasure I have in it when it is all ready.

Talk about the convenience of having everything brought to our doors by the hucksters; why, so it is convenient! And what is more beautiful than a well-stocked market wagon at six o'clock in the morning? What, indeed, but the produce of your own garden? For the huckster has had to gather his the evening before, and vegetables marketed are vegetables deteriorated. Those you have grown yourself are crisp and juicy and have lost nothing. The huckster has a greater variety than the small garden affords, but there is one thing he cannot market; *he has it*, but you can only get it for yourself, *the joy that is in the growing*.

And this is a funny truth, all things must come in their season, even our joys. Before I began I was not attracted to gardening; I looked on it as something I could not expect to do with success. All its secrets I have learned from the doing, and have learned not all at once. There had to be a beginning; and two lines of Goethe's I proved:

"Only engage, and then the mind grows heated;
Begin, and then the work will be completed."

I went at it as something I must do; and when I had "engaged" my mind "grew heated," and interest carried me on to "completion"; that is, to the knowledge and joy that I have found nowhere else, and nohow else.

Among the many things I have found is that where a big garden is a rich possession, it cannot be as truly your own, because it requires some one to help you work it. Nor are the morning hours sufficient; the heat of the day must find you still at it, and this will make it a burden. Oh, to think of my *garden* becoming a *burden!* No, let it be just the little spot it is, which I can tend in that part of the day when I can give it my best, and the beautiful messages it has for me can be got without sense of weariness, or toil, even. Let it be part of the morning. When the height of noontide wilts down every dear plant to the last leaf, and I myself am limp with the day's fierce strength, I would be sad and pitying as I look out on it all, only that I think what the friendly night will do for us both; and I smile and wait, and remember *there will be morning*.

Immortal May

Ethereal Goddess of the Days,
Sweet, fragrant May, enticing
Our hearts with thy alluring ways,
Eliciting our warmest praise,
Our year's path spicing!

When every child of nature wakes,
To springtime's charms succumbing;
And in all haste each one forsakes
Its cloak of gray for green, it makes
Us know thou'rt coming!

'Tis then Spring Beauties rub their eyes,
In fond anticipation,
And all the other flowers grow wise,
And vie in growth that signifies
REJUVENATION!

Of life immortal thou dost teach,
O May, revivifier,
By yearly resurrecting Spring,
When winter snows have taken wing;
Sweet heaven's verifier!

— *Caroline L. Sumner.*

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Those Litmus-Paper Doughnuts

By Jennie Lawrence Pratt

"FREDERICA PATTON, of all persons! When *did* you get back? Why, I'm the happiest woman alive to know that you're safe in America again. I've worried my life half out about you!"

"You needn't have done that, my dear Alice. I haven't been in a particle of danger, except, perhaps, in crossing the pond. In France we were always fully a mile behind the firing-line."

"I imagined you perched on top of it all the time, so you may realize what a relief it is to see you alive and well. I'm longing to hear about your adventures. I suppose your canteen work was perfectly wonderful."

"Yes, to be quite modest, it was! I expect to spend the rest of my life telling how the morale of the soldiers was kept up by our home-cooking, and especially by the doughnuts. Alice, you can't imagine how many *millions* of 'fried holes' the Yankees consumed. You may have heard that the French populace thought the Sammies were called 'doughboys' because they were so fond of doughnuts."

"No, I hadn't heard that, but I firmly believe in the magic power of the doughnut. It has just played an important role in our own family. Have you heard about brother James?"

"Not a word! I've been home less than a day and haven't heard all the news yet, though my ears are stuffed full! What has James been doing?"

"Something rather revolutionary, you will think, if I tell you the whole story. But I want first to hear about your adventures."

"You provoking creature! Tell me this instant about your brother! My overseas yarns will keep indefinitely."

"All right, then, if you insist; but I warn you that it will take at least ten minutes to describe the steps leading up to the grand climax. It all began, my dear, with Grace Denlow's coming down with malarial fever. Her husband was in despair, for, although he was able to find a nurse, he scoured the surrounding country in vain for a general housekeeper. Finally they remembered Grace's pretty cousin away off in Chicago. She had just finished a course in a Domestic Science School, and was free for the summer. Mr. Denlow wrote her a pathetic letter, saying that he and the boy were *starving*, and the kind-hearted girl came on at once."

"How providential!" commented Frederica.

"It certainly was, for she was an A. No. 1 cook. Besides, marvelous to relate, she was entirely willing that Tommy Denlow and his boy friends should hang around the kitchen while she concocted nice things to eat, and that they should sample everything she made. She was planning to teach cooking in the public schools, you see, and was only too glad to practise on our youngsters. My Robert was over there half the time. He was always telling about the 'great eats' that he got at Tommy's. He talked so much about it, especially during meals, that even his Uncle James, who had been boarding with us since he secured the High School position here, began to take notice.

"You remember, of course, Frederica, how up-in-the-clouds James always has been, so absorbed in his chemistry that he had no thoughts for anything else. Usually he was very silent at the table, but Robert's constant eulogies of 'Cousin Meth's' cooking must have penetrated James's consciousness, for, at last, he pricked up his ears.

"It was the day that my son undertook to give me some advice. He was eating

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his supper, when all of a sudden he burst out with this question: 'Mother, why don't you cook the way Cousin Meth does, with scales and thermometers? She weighs everything, and she doesn't cook a single thing by guess, the way you do.'

"Before I had time to answer, James spoke up. 'The young woman is right! Cooking ought to be done scientifically. That's the trouble with women in general, they are not careful and accurate in the way they do their work. They should be well versed in the chemistry of cooking, if nothing more.'

" 'Cousin Meth is,' said Rob, in defense of his friend across the way. 'She knows the whole business! Say, mother, why don't *you* make litmus-paper doughnuts?'

" 'Make *what?*' I gasped. 'I never heard of the things!'

" 'Why, litmus-paper doughnuts; that's the best kind that Cousin Meth makes,' replied Rob, giving me a withering glance. My ignorance was too much for him! Then he appealed to his uncle. 'Say, Uncle Jim, did you ever hear of litmus paper before?'

" 'Seems to me I remember having done so,' James answered, in a tone, the irony of which was quite lost on Robert. 'But how does your friend make use of litmus in her cooking?'

" 'Oh, when she gets ready to make a batch of doughnuts, she sticks a strip of blue litmus paper into a cup of sour milk and the paper turns red. Then she puts in some soda, and when the paper turns blue again she knows there's soda enough. I may have got it twisted, but anyhow you must have a *nootrul s'lution* or your doughnuts will turn out to be sinkers!'

"James threw back his head and laughed at Rob's description, while I exclaimed, 'What nonsense! Any cook knows that a level teaspoonful of soda is all that is needed for a cup of thick sour milk. How silly to bother with litmus paper!'

" 'Not at all, Alice,' said James. 'All brands of soda are not equally alkaline; besides, I doubt if the best of cooks can tell by the looks, or even by the taste, exactly how sour the milk is. The only safe, and scientific way, is to use litmus paper, as Tommy's cousin does. By the way, Robert, what *is* that young woman's real name?'

" 'Miss Parkinson, I think, but we boys never call her that.'

" 'I mean her Christian name,' James persisted. 'Her real name can't be *Meth*, as you call her.'

" 'Oh, no!' said Rob; 'it's *Methyl*, but Tommy calls her Meth so's not to get her mixed up with his cousin Ethel.'

"Well, Frederica, you ought to have seen James's face! 'Methyl, Methyl,' he repeated slowly and softly, as if he liked the sound of it. 'A good chemical name! Fits her character, probably.' Then he went off into a kind of trance."

"Go on, go on!" urged Frederica. "What happened after that?"

"Nothing special till the next noon when I was fussing because Rob was late to dinner. The rest of us were finishing our dessert when in came the boy carrying a big plate covered over with a napkin.

" 'I've had all the dinner I could eat over at Tommy's,' he said; 'and here are some litmus-paper doughnuts that Meth sent you.'

"I must say, Frederica, I never saw handsomer doughnuts, and they tasted just as good as they looked. My own dessert had been so satisfying that I could eat but one of them, but James ate *five* of the 'magic rings!' The expression on his face was that of a god feeding on ambrosia! When the fifth one had disappeared, he settled back in his chair in perfect content. After musing a while he looked up, as if a sudden thought had struck him.

" 'Alice, why don't you invite that young woman over here, some evening? She must get tired of staying all day in that house of sickness.'

"I nearly fainted when I heard that,

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for James has always fought shy of the girls, from his youth up. I had sense enough, however, to treat his suggestion as a natural one; so I said I should be glad to invite Miss Parkinson over, that very evening. I did so, and soon after she arrived I went up and knocked on James's door. When he opened it, I noticed that he had on his Sunday suit and best tie!

"'I suppose you couldn't spare any time from your studies to come down and help me entertain Miss Parkinson, could you?' I asked. 'Rob's father is away at a committee meeting.'

"'I might come down for a few minutes,' he said, and he promptly joined us in the living-room."

Frederica laughed. "How I should have enjoyed being a mouse in the wall!"

"It certainly was an interesting evening. James was a perfect revelation to me. The scales had fallen from his eyes, and he was realizing at last that a girl can be very pretty and very sensible at the same time. He chatted with Miss Parkinson as if they were life-long friends, and she seemed to be enjoying it as much as he did. In fact, it was a clear case of chemical affinity. They discussed atoms and molecules and calories and protein, which I *had* heard of, and a hundred other things that I never knew existed. She wisely pretended not to be too learned, but asked James's opinion at various points in the conversation. He thought her wonderful!

"It was eleven o'clock before any of us realized it. James saw 'the young woman' home that evening and many evenings afterward. It became a regular practice for her to come here to rest, as a house with a fever patient in it was no place for her to seek relaxation. I loved to have her here, she was so sweet and attractive, and not a bit puffed up by her superior knowledge. I never got an opportunity, though, to have any uninterrupted conversation with her, for James monopolized her completely. At the age of thirty he had discovered a subject that rivaled his beloved chemistry!

"Of course, Frederica, you have suspected how it was going to end; so, not to prolong my story, I will say that before Grace's fever had disappeared 'Cousin Meth' and my brother were engaged to be married. James found out that she was planning to teach that autumn, and the selfish old dear was determined to get the sole benefit of her knowledge. As soon as the Denlows could spare her, she went home to prepare a hasty trousseau, and then they were married.

"Everything is lovely! They have a little flat near the high school, and are living *in scientific bliss*. James spends all his spare time in the kitchen, helping Methyl weigh out 'sugar and spice and everything nice,' and she insists that she couldn't keep house without the help that comes from his knowledge of chemistry."

"Just like an adoring bride!" chuckled Frederica. "It's a happy ending, indeed, to James's bachelorhood, but I must confess I'm surprised that even the nicest girl in the world was able to capture such a wary creature as he was."

"That's what I told Methyl, the other day, and she just said roguishly, 'The litmus-paper doughnuts did it, though I didn't send them over to your house for that purpose!'"

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Camouflaged Cookery

By Ida R. Fargo

"THERE, Pa! There's Mrs. Dean sweeping off her front steps! You go call to her, and say as I'm making vegetable loaf soon's I get my bread mixed down. She wanted to see me do it; and I said as I'd send her word."

Deliberately Pa took off his glasses and laid them down top of the morning paper. Leisurely he made his way to the door.

"Hurry, Pa, do!" prodded his wife; "or she'll be gone on in. There! Didn't I say so? She's going up her steps this minute," vexedly.

But Pa had reached the front door.

"Hey! Hi-ee! Whoop!" shouted Jonas Atwood with valiant endeavor. And the little bride in the doorway across the street stopped, and smiled over her shoulder.

"My soul!" expostulated Aunt Anna Atwood a moment later. "You just do beat all creation. A body'd think you was trying t' scare off I-Dunno-What. Dorothea Dent'll think - - -"

"She won't think nuthin'," contributed Aunt Anna's placid mate, putting away his paper before going out to do the barn chores. "She just waved her han'ky at me and called to tell you she'd be over in a minute."

And so she was. Aunt Anna was ready for her, having "flaxed around right lively" (as she said) so that Jerry Dent's young wife would not have to wait for her cooking lesson. Aunt Anna had volunteered one day to help pretty Dorothea learn to cook, and that puzzled little matron had joyfully accepted the offer.

"Now, you write down as I do it," instructed Aunt Anna. "I allus do it right, but I'm that apt to get mixed trying to tell about it; tellin' ain't so easy. I'm likely t' forget suthin'."

"It's the doing that gets me," giggled Dorothea producing a neat blank book, partly filled with Aunt Anna's famous recipes.

"You'll learn," promised Aunt Anna placidly. "It's practice as makes perfect." And then: "You tied your pencil to your book, just as I said," approvingly.

"With a blue cord to match my kitchen blue," nodded Dorothea. "A pencil always handy, and nobody'll want to borrow it, seeing it is tied on, and forget to give it back. Isn't it queer how folks forget to give pencils back?"

Aunt Anna nodded, her eyes on the silky blue cord. "You young folks have such fun fitting up your kitchens now-a-days," she mused. "In my time we never thought of 'color-schemes.'"

"Maybe the magazines didn't have such pretty suggestions," voiced the younger matron. "I saw an article about blue and white kitchens down at the library one day, and I made mine to match," contentedly.

"There weren't so many magazines when I was a girl," reminisced Aunt Anna. "Print-matter wa'n't so common."

"But aren't you glad it is now?" chirruped pretty Dorothea.

"I dunno," hesitatingly. And then: "I have thought I'd like to take a magazine, a real woman's magazine, or a real cooking magazine."

"Or both," complacently. "Why don't you, Aunt Anna? Goodness me, I wouldn't do without my magazines for anything. Not for anything! Why, I get so many good ideas out of them. Why, I wouldn't know how to keep house without them." Curiously the younger matron looked at the older matron. In so many ways they were as far apart as the East from the West,—perhaps it is always so; two generations, the older and the younger! yet in so many ways were they still alike, plan and purpose the same. Indeed, there were few housewives equal to Aunt Anna, few women who had proven such perfect helpmates, few who had found their

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fiftieth birthday with such happy serenity, but Jerry Dent's young wife was an apt pupil, and her admiration for Aunt Anna was unbounded. In fact, Dorothea and Aunt Anna, far apart in ages and ideas, each thought the other the best neighbor on earth!

"I dunno," reiterated Aunt Anna, her eyes fixed absently out of the window. "I ain't ever said anything to Jonas about it. Course I'd have to ask Jonas, and we're taking the *Janesville Journal* and the *Christian Spokesman;* mebby he'd think we couldn't afford a cooking magazine and such."

The eyes of the younger matron widened in astonishment. "For pity sakes!" came to her lips, but she did not say it. She wisely said nothing.

"Besides, the *Spokesman* has a woman's page as is real good," continued Aunt Anna. "I've found out a lot o' good things in it, like using that old piano stool you're sitting on this minute when I peel potatoes at the sink. It rests my feet suthin' wonderful, jes' settin' that little bit. A body wouldn't think it, but it's so. . . . And I do enj'y reading about how other women set their tables, and cook tomatoes, and doll up their front rooms f'r comp'ny. Mebby I don't ever do it like they do, but I enj'y reading how they do just the same." Aunt Anna Atwood drew a long breath. And then, briskly, "Here I am sitting like a stun image doing nothing! And you waiting to see me make vegetable loaf!" She got up swiftly and dropped the spoon she held with a little clinking sound on the zinc-covered kitchen table. Indeed, Jonas himself had covered the table with zinc, following carefully a small item his wife had clipped from the *Spokesman.* In fact, the job was merely one among many which Jonas Atwood was wont to perform for Aunt Anna on rainy afternoons. At the present moment, a woodlift, in process of construction, would deliver wood within arm's reach of the kitchen range. Mrs. Atwood had seen one like it at a neighbor's house,and in due season Jonas had gone over and "taken pattern." . . . And yet, Aunt Anna always asked her husband for money! And she always took, as gospel fact, whatever her careful mate decided was best. She never had a check-book. She never made a budget. She was very, very old-fashioned! All of which Dorothea Dent, once upon a time, had confided to her husband, who had chuckled inordinately over the matter and contentedly commented: "Well, Puss, perhaps our neighbors across the street have had to use a pretty poor pattern, or none at all, but we'll have to admit they've made a mighty fine garment of life."

"And it is up to our generation to do just as well," mused Dorothea.

"Better," suscinctly.

"Because we have better patterns?" curiously.

"Ex-act-ly! Each generation must make a forward march, or prove unworthy."

All of which, and more, may have checked Dorothea's rosy lips when they opened to say, "For pity sakes!" because Aunt Anna, forsooth, must ask Jonas for money for magazines. She had learned there were two ways of looking at everything. But it did not stop her from sliding, pell-mell, off the screwed-up piano stool, and rushing, helter-skelter, out of the door when she saw Uncle Jonas at the pump.

"I'm going to ask now! I'm going to ask if you can't send," she called back over her shoulder, "for your magazines along with me, next week; course he'll want you to, Aunt Anna."

Which was exactly what Jonas Atwood did want; although, curiously, he had never been conscious of such a "want" before; but then it had never before occurred to Aunt Anna to wish for magazines. A busy woman, thoughtful about many things, she had not been a great reader. It was the new magazines always on Dorothea's little table which had proved as contagious as enthusiasm. Even Aunt Anna felt the force of their

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unread mystery, the subtle appeal of their "print-matter." And now she was to have her heart's desire, and Aunt Anna was quite as content as though the result had been achieved through her own check book in pretty little Mrs. Dent's thoroughly modern fashion. But then, do not fashions in achieving results change as well as fashions in redingotes? And should not each new generation, building on the results of the old, work out something better?

It was three minutes, or maybe six, before two happy women were deep in the mysteries of Vegetable Loaf.

"One cup cold boiled beans," wrote the little bride watching Aunt Anna's swift fingers empty the various ingredients into a big blue bowl.

"One cup cooked tomatoes, one cup mashed potatoes, one cup uncooked rolled oats (soaked fifteen minutes in one cup boiling water), one egg, one tablespoonful cooking oil, one teaspoonful salt, sprinkle of pepper, one teaspoonful sage, rolled into powdered form, one cup uncooked sausage."

"One of everything," mused Dorothea.

"Easy to remember," added Aunt Anna.

"And it would use up all sorts of left-over cups of things." The young wife of Jerry Dent had already had a lesson in left-overs, under the older woman's skilful direction.

"Uh-huh," murmured Aunt Anna. Then, "If you don't happen to have the beans and potatoes left over you can use cooked cabbage and cooked carrot. I have, and the loaf is just as good. In fact we ought to eat more carrots, I read once, 'count of the iron they contain. And you can use two cups of bread crumbs instead of the rolled oats and hot water if you want to. And a body can grind up cold, boiled potatoes and use as well as mashed ones."

"Why, goodness; one can substitute for most everything," exclaimed Mrs. Dent curiously. "I suppose ground steak stead of sausage —"

But this time the older matron shook her head. "You can't use any other kind of meat," she said, "without changing the flavor entirely. I use the sausage for the flavor mostly. There's nothing else will do as well. If you use another kind of meat, you get a very different tasting loaf, mebby just as good; but different. To my mind, there's nothing like sausage to give a good flavor. And then there's the sage. Use a big measure. Home-grown sage is best. One plant in your back yard would furnish you three pickings during the summer, all you'd want in a year. Dry it and save it. It has a richer taste than the bought kind. Yes, use a big measure of sage. What is't? Yes, I s'pose some folks would call it meat-loaf, but I don't, 'cause there ain't much meat in it, just enough to flavor up the vegetables right nice. It ought to be named for what's in it most, and that is vegetables. But pa calls it my 'camouflaged' cookery, some queer word he's picked up out'n the papers. Pa does beat all for picking up words since the war started in, and he keeps right on doin' it now the war's quit. I s'pose new words is one result of the fighting. I dunno, but 'camouflage' sounded awful queer to me till I got used to it. Pa says it's camouflaged cookery because it tastes like right, nice chicken dressing, and there ain't been a chicken near it. I dunno, but it does taste a little mite like chicken dressin'. I dunno, anyhow, it is right good."

"That it is," laughed the younger matron; "I'll take your word for it. Anything I ever knew you to cook is 'right good.'"

And with a guilty glance at the clock, which would hurry on its way, she gathered up book and pencil and went speeding across to the little brown house across the street, murmuring as she went: "Isn't Aunt Anna the dearest ever! Whatever I'd do without such a good neighbor I'm sure I don't know, and good neighbors don't grow on every bush! Dorothea Dent, you're a lucky young woman!"

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Some Uses of Canned Goods

By Marion Morton

WHERE is the wise housekeeper who does not keep on hand a rather full supply of canned things? Canned meats, soups, fruits, sauces and vegetables! They all have their place, now, in the well-organized home, if no other place than the time-honored one of "expediency," for what housekeeper, at some time, has not rushed madly to the larder to find snugly tucked therein a can of soup, of meat, of fruits, that has saved her domestic reputation? But what wise woman now keeps canned things ONLY as a question of expediency? They should be kept as a question of equipment every whit as important as the daily purchase of meat and vegetables, for their use is not measured in terms of convenience, but in terms of piquancy and variability. If properly served and handled, they add poetry to the prose of the daily diet, in quite a marvelous fashion.

The subject of the preservation and use of canned goods is not one of home importance. It is one of national importance. It is one of economics. In countries, for instance, where corn is so cheap that it is used as fuel, or in other countries, where fruit is so cheap that it is freely exchanged for a moderate amount of some commodity that that country does not possess, the food waste would be appalling and would go on indefinitely, were it not for artificial preservation. And it is a good thing that the old-fashioned prejudice against canned goods is a thing of the past. Now the housewife can use them freely without thought of being "poisoned," and throughout the land we can have fresh green peas, or ripe, luscious apricots in the dead of winter. Is it any wonder, that instead of being merely used as a "convenience," canned goods should have a permanent and established place in the household?

We hear a lot these days about home-canning and preserving. But where do we hear any unusual use of the goods when canned?

Take, for instance, the very large class of relishes or condiments generally known as pickles. Who knows that they can be made into an appetizing and piquant sauce, hot sauce to be served with hot meat? Take your ordinary jar of piccalilli. It consists of cauliflower, cucumbers, onions, French beans, pepper, etc. It is distinctly good with cold meat. But did you know that it can be made into a hot sauce, not hot with mustard but with fire, to be used with grilled fish, cutlets, etc.? And it is distinctly delicious, quite as delicious and appetizing as any sauce you ever tasted.

To make it, take a brimming teaspoonful of piccalilli out of the bottle. Cut the larger pieces into rather small bits. Add an equal amount of good brown gravy. Make the whole hot over the fire. Can be served with any sort of cutlet, or with any kind of grilled fish. Another kind of sauce can be made by chopping the pickle fine, using the liquor, and mixing it with an equal amount of mayonnaise. Stir the mixture well together. This sauce can be used with any kind of meat or fish with which tartare sauce is used. It will be found to be an excellent substitute.

Chief point to be taken into consideration with the large bulk of tinned meats is that they must be kept cool, or, at least, they must be cool when opened. Who has not opened a slightly warm tin of ham and found it to be an unsightly mess, dripping and sticky? That is due to the melting of the jelly into which a great amount of the nourishment of the ham has gone. If the can be opened cold, the jelly would be seen to be sticking to the meat in quite a different fashion. And

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this jelly should not be wasted. It not only adds immensely to the ham when served, but its food value is too precious to be thrown into the sink.

Vegetables, on the other hand, should never really be taken from the can to be boiled. How often does the cook pour out the liquor from the can, and deliberately add fresh water in which to "warm up" the vegetables! By doing so she entirely robs the vegetables of their delicious flavor. If she does not want to use the liquor of the vegetables, by all means boil the can before it is opened, or warm up the vegetables in their own liquor, and then pour it off and add butter, cream, or salt, or whatever she wants to add.

Delicious Potted Ham

Potted ham is one of the most popular of all potted meats, and the most used. It makes excellent sandwiches. But it also makes delicious hot rissoles, those delectable sausage rolls so palatable in cold weather!

Suppose, in your larder, you have the remains of a roast fowl. First you scrape all the meat from the bones, then you chop up the bones and put them on to stew for as long a time as possible, with a little onion, parsley, and a bit of thyme. This stock, when cold, will be a hard jelly, deliciously flavored with fowl. Next take the meat from the fowl, put with it the amount of chopped onion, parsley and thyme that you wish, and send the whole through a sausage grinder, or, if you don't possess one, then press the mixture through a wire sieve with a large spoon. Next you add half its quantity of potted ham, mix up, then add warm stock until the whole mixture is almost fluid. Let this mixture cool by setting it in a plate so that it is about an inch thick. When nearly cold roll into balls the size of a walnut. Allow these balls to get cold, and when cold they will be hard like jelly. When they are in this condition, dip them into some egg, well beaten, cover with fine bread crumbs and put in larder to get dry. When dry dip once more into the egg and cover again with bread crumbs. Next have panful of smoking hot fat deep enough to completely cover balls when in the pan. Remove carefully by means of a wire basket from the pan.

This hot fat will instantly set the egg before the inside has time to melt. As soon as these little rissoles are fried a nice brown they should be taken out, drained on a cloth, or better on a piece of blotting paper. They can be served with a little fried parsley.

They should be thoroughly moist inside when cut open, a rich fluid running out. Rissoles are never nice when they are solid. This dish is exceedingly cheap to make, as its chief requirement is care.

Use of Preserved Fish

Sardines, pilchards and herrings are the best known of the preserved fish. Sardines are a familiar dish with crackers, lemon, for suppers or between sandwishes. But whoever heard of a sardine curry? This dish is especially valuable from the "expediency" point of view, to serve in case of unexpected guests.

It is made quite like any curry. Take box of sardines, pour the oil into a small frying pan; add dessert spoonful of curry powder, mixed with a little cold water. In order to thicken oil, add to it a little plain arrowroot first mixed with cold water. Add the arrowroot to the curry powder and oil in the frying pan, and as soon as the curry and oil make a sauce about as thick as good melted butter the sauce is ready. Then pour this over the sardines, which should have been placed in a dish and kept sufficiently long in the oven for the sardines to get hot through. Of course, plain boiled rice should accompany any kind of curry. This same thing can be done for herrings and pilchards. Also, if there are any bay leaves in the house, four or five should be boiled in the mixture and served up with the fish whole.

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Lessons in Foods and Cookery, with Simple Appliances

Green Leaves as Food

By Anna Barrows

Instructor in Cookery, Teachers College, Columbia University

AFTER a study of milk which contains all the types of food material needed to develop a perfect body in the young animal or child, it may be the best time for the pupils to begin to group or classify other foods. Even the general teacher who has had no special training in home economics may do something in this direction, with the aid of the charts and publications of the United States Department of Agriculture. Bulletin 123, Extension Course in Vegetable Foods, would be helpful here.

Since all children eat foods, there is no reason why they should wait until it is convenient to give them lessons in cookery before teaching them a little about the principal substances by which they are nourished. Later, and in connection with practice in cooking, they will learn more details concerning the nature and effect in the human body of the manufactured products, like fats, starch and sugar.

Now let them learn about the foods as nature provides them. Eggs and milk, already considered, are animal products, but we must depend largely upon the vegetable kingdom for our nutriment, and now let us turn our attention to plant foods. Without plants there would be no food for either animals or men.

The special study of plant life is called botany, and some one has well said that that is the science of things to eat.

Country children once were familiar with, and enjoyed the edible qualities of, many native products, which today are scarcely known, or are lightly esteemed, since tropical fruits and manufactured sweets have found their way to the smallest village stores. The young wintergreen leaves, the artichokes, the sweet flag, ground nuts, seeds of the sweet fern, and many others have been delights of country children from time immemorial.

The country teacher has an opportunity, during the spring, to train the eyes of the children to observe the differing shapes of leaves, and the way the early plants develop.

At the same time some useful food lessons may be given, concerning the wild salad plants, and the potherbs, or "greens." Almost anywhere along the highway or the railroad tracks, just now, we may see Italian women and those from other countries, who know the value of such foods better than many Americans, gathering the first dandelions for salads and greens.

Only the tender inner leaves and the flower buds are suitable to eat raw, and the remainder will be made tender by cooking. Many a school yard would be improved by a vigorous campaign throughout the whole neighborhood for dandelion greens. It is not enough to confine the attention of the children to the school grounds alone, since the winged seeds may fly from some neglected dooryard. Roots also must be dug up, if the lawns are to be kept free from the plants in the future.

The dandelion root has long held an important place in medicine; it has been thought to be of service in digestive troubles. Sometimes, like chicory, it has been used as a coffee substitute.

The characteristic leaves of the dandelion have given its name. Pupils should be sent to the dictionaries and encyclopedias to look up these points regard-

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ing name and uses of each plant they are studying. Let them contrast the leaves of the dandelion with those of the milkweed, both as to shape and substance.

Milkweeds, if gathered young, not over six inches long, before the leaves are fairly unfolded from the stalk, are excellent for greens, and these are quite abundant in some localities, and are usually classed as weeds to be exterminated.

From the way in which the seeds float and settle on favorable soil where they are undisturbed, many morals may be drawn today, as they have been in the past, but this must be done wisely. Some effort now should be made to instill the spirit of community service, by united action to hold such weeds in check. Even though they are good foods, we do not want them to drive out the grass in our yards, since that is a better setting for the house than the mixture of grass and other plants.

At this season of the year greens are especially attractive to the human palate, and should be used more generally than they are. Before the days of canning, and the transportation of fresh vegetables from the warmer climates to the northern markets, such foods must have been still more eagerly sought by those who had subsisted on meats and stored roots for months.

This natural instinct of the people should not be disregarded. Such foods are far better than the most highly advertised spring medicines. The teacher may help the children to see that in the long run it is wiser and pleasanter to learn to choose right foods, and to teach ourselves to eat those to which we have not been accustomed, than to have to take medicines.

If our foods were of the right kind always, we should not need to get medicine to make up for what foods lack. Many children have been given iron in different forms, pills or drops or spoonfuls of dark liquid.

Yet such forms of iron are not thought to be quite as good for us as when we get it in foods, such as eggs or spinach. The plants growing out of the ground have the power to dissolve iron, lime and other minerals that we need to make good bones and teeth. Since we need but little of such material in our bodies, the best way for us to get it is from these plants.

Every plant is a sort of factory where air, earth, and water are made over into new forms. We cannot eat earth, but the plant makes it over into something we can eat and enjoy, in somewhat the same way that the cow eats coarse hay, which we could not digest, and then we can use the milk, or the hen consumes the refuse and insects in the garden and transforms them into eggs, which add so much to our diet.

Within a few years a new element in nutrition has been discovered by scientists in certain foods, especially in milk and in the green leaves and stalks of plants.

Through feeding young animals on different diets it seems to have been proved that there are vital principles in leaves that are not found in roots and seeds. Because of this vital, or life-giving power, these rather mysterious substances have been called "vitamines." Other scientific leaders prefer to say that the foods in which they are most abundant are "protective foods."

Twin rats or mice have been fed in much the same way, for experiments, but one has been allowed to eat certain of the protective foods, and has grown and thriven, while the other, without such foods, has become diseased or has grown but little.

This may explain why one child in a family is small and puny on much the same diet as his brothers and sisters. He may not eat green vegetables like spinach and lettuce, or use as much milk and butter as the others.

Aside from the mineral matter, and the protective effect of such foods, greens would have small value, for they contain little of the solid substances found in seeds, roots and meats.

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Most salad plants are nine-tenths, or more, water, and in order to make a more complete, all-round food of them, people long ago found out that olive oil was a desirable addition, since it supplied fat; but that was not quite enough, some egg or cheese seemed just what was needed, and thus protein was secured. Long ago the Romans ate green leaves with oil and cheese, and Virgil wrote about the way they put them together.

Where children are familiar with different combination salads, they may be led to see how one material supplies fat, another protein, and the salad plant, whatever it be, yields water and mineral matter. Then we are accustomed to eat bread or crackers with any salad lacking starch.

Such a lesson as this needs little actual cookery, but it may be worth while to cook some greens to show that a great deal depends on little details.

Careful cutting, sorting, trimming and washing are essential, and one reason that many do not like greens is due to neglect of these processes.

The right kind of kettle is important, one that will give no bad flavor to the delicate leaves, or that has any rough surface to which they may stick or burn. Greens should be cooked in as little water as possible to prevent loss of their valuable qualities. Sometimes the water may be reserved to add to soups.

When sorting the greens, the inner young leaves may be saved for salad, and when there are many old lettuce leaves, they may be cooked for greens.

Sometimes it pays to cook one or two very old and tough stalks of milkweed or dandelion or spinach with the tender ones, just to show how that would spoil the whole, if they were served together.

The whole aim of such a lesson as this is to set the pupils thinking and reasoning out processes for themselves. A formal recipe is less essential than keen observation of the available products, and how to make the best of them.

Often there is not enough of one kind of plant to cook by itself, but several may be blended. Then the questions arise as to the effect each will have on the others, which needs the longer time to cook, or may all be put in the kettle at once, etc.

The common custom of cooking a piece of fat beef or pork with the greens has the same reason as using oil or a cream dressing on a salad, to supply what is lacking, or is needed by the human body every day.

Rhubarb is usually abundant in the country, and while this is not strictly salad material, it may be considered a form of greens, though it is sweetened instead of being eaten with salt. Stewed rhubarb, stiffened with gelatine, and served with cream or soft custard, would be an acceptable dessert to follow the salad.

Cream soups may be made of spinach or other greens.

A little later in the season comes the purslane, a pest on the farm or garden, which is one of the weeds once cultivated for salads and greens, and which, as the botanist sometimes puts it, has "escaped from cultivation."

That is one of the most delicious greens we have, if it be gathered before it blossoms.

Where there is opportunity, canned and dried vegetables may be used in this lesson for salads.

Dry Lima beans, soaked thoroughly and cooked tender at home, may be brought to the school by one pupil, another may contribute a can of tomatoes, and the beans may be moulded in a tomato jelly salad. Gelatine and salad dressing may be contributed or purchased.

Some schools have found it possible to secure a simple lesson in cookery, and a luncheon once a week by means of small contributions of supplies or money from each pupil. This may not be feasible in large schools, but is possible in small country districts.

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AMERICAN COOKERY

FORMERLY THE

BOSTON COOKING-SCHOOL MAGAZINE

OF

Culinary Science and Domestic Economics

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(Seal) A. W. BLAKE,
Notary Public.

I Shall Not Be Afraid

I shall not be afraid any more,
Either by night or day;
What would it profit me to be afraid
With you away?

Now I am brave. In the dark night alone,
All through the house I go,
Locking the doors and making windows fast
When sharp winds blow.

For there is only sorrow in my heart,
There is no room for fear.
But how I wish I were afraid again,
My dear, my dear!

— *Aline Kilmer.*

FOOD AND CLOTHING

THAT most people are fonder of clothes than of food goes without saying. Witness the fashion publications. The small amount of reading matter these carry is so swamped in fashion plates and display advertising, that it is difficult to be found and undesirable to read after it has been found. The type of the text is too small for other than young eyes and the periodical itself is more awkward to handle than a geographical atlas of the world. All this may be the result of experience and design, for people are supposed to know what they want and, certainly, they must pay for just what they receive.

The fancy for fine apparel on the part of the young can be easily understood. Mrs. Wiggin makes the child, Rebecca of Sunny-brook Farm, say of her pink parasol, "I never put it up when the sun shines; pink fades awfully you know, and I only carry it to meetin' cloudy Sundays. Sometimes the sun comes out all of a sudden and I have a dreadful time covering it up; it's the dearest thing in life to me, but it's an awful care."

In the case of adults the same eagerness for finery can not be so easily accounted for. However, that to be well dressed is ever a mark of good taste and breeding cannot be denied.

Now good health is man's most desirable possession on earth. It is an indispensable requisite to any considerable degree of prosperity or happiness in life, and good health is dependent, above all other things, on a sufficiency of wholesome food. This fact is coming to be known better than ever before in all parts of the world. The prevailing ills of earth are due chiefly to malnutrition, or insufficiency of wholesome food-products. To remedy this condition is the great problem of the age. As readers of AMERICAN COOKERY, your health, individually, is the one thing needful and is to be guarded with constant, assiduous care.

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CHANGES

WHAT changes are to come about after peace has been declared is a question that occasions considerable thought and comment, today. "Will peace bring real changes, or will the world go on very much as in the past?" Certainly the conditions of life cannot be just as they have been in the past. The earth seems smaller; the nations have come to know each other better. Our neighbors are no longer confined to those who live next door. No such uprising and overturning was ever known in the past. "Never was there a war on such a scale waged by so many combatants, raising such vitual issues of national destiny and extending to all the ends of the earth, and never was there a victory that meant such an overthrow of despotic empires, and such a liberation of oppressed peoples." The world is still full of fearful unrest; our own land has not escaped the turmoil and confusion.

We went into the strife because we were wickedly and viciously attacked. Our sole object was to down with the preposterous pretentions of the aggressor. Now at once and above all things, we want our "international and domestic relations so settled that people will dare to go on living a regular and normal life."

Professor Shaw of New York University has written an article on this subject, in the *New York Times;* in this he challenges the idea that the war has brought any real or radical changes outside of certain new political formations.

The upshot of his argument is that human nature is stupidly conservative. After a great conflict of any kind, men are more likely to settle down under the old vine and fig-tree than they are to seek their grapes among thorns, their figs among thistles. There is just one benefit that the war may confer upon us. It may "affect our national temper to the extent of reducing, if not removing, our provincialism."

Professor Shaw concludes:

"We have been more petty than planetary, more the jingo than the real fighter; now that we have gone abroad armed, it is not to be assumed that we shall forget what was done there. Statesmen, as also candidates for office, will have to decide whether we are to slip back into our shell of turtle-nationality, or to continue mentally our sojourn in Europe. There's platform material in the discrepancy between those national ideals. But we may rest assured that, mentally, we shall be quite a different people; and if the war worked this one invisible change, it may be forgiven for not accommodating every private citizen who had looked for something more practical and personal."

HEALTH

Health of itself makes life a perpetual joy. Nothing daunts, nothing overawes, nothing discourages and nothing overpowers the man and woman possessed of health. Health means not only vigor and energy of body, but also clarity and strength of mind; purity and beauty of soul. The healthy person dominates life instead of allowing life to dominate him. To him work is a joy. He regards obstacles as but opportunities for testing his strength. He hardly knows what weariness is. He never experiences exhaustion. Merely to grasp his hand is a pleasure. Health supplies the courage, the aggressiveness in life. Without health one is bankrupt regardless of what his financial capital may be. He becomes a cipher in the world of real men and women. If you have health, then, friends, cherish it, guard it and treasure it as you treasure life, for out of it are the issues of life.

— *Bulletin Indiana State Board of Health.*

NEGLECTED EVERYDAY ITEMS IN SCHOOL

Without for a moment desiring to undervalue the education received in schools, nowadays, there are some matters pertaining to everyday life which are

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often overlooked, and which might, with advantage, be included in the lessons. A school manager, some time ago, questioned some boys on when wheat was sown. Only three or four knew — not one knew when barley was planted. Of bad weeds only three or four could give names; the same of good grasses. Of the real reason why land was broken up after harvest, and laid rough during the winter, they had little knowledge. Not one boy knew the difference between a savoy and a spring cabbage, but one girl did. The girls were not more successful. They had a very vague idea as to the weight of a quartern loaf, or how bread was made; the same about a cake. One had a slight idea of making beef tea; not one knew the time to boil an egg; and not one knew what a poached egg was. Not one had any idea as to the most economical way of cooking two pounds of beef. None knew a stockpot. Only two or three could give the names of spices, etc. — *Food and Cookery.*

FAITH

Faith iz the rite bower ov Hope.

If it want for faith, thare would be no living in this world. We couldn't even eat hash with enny safety, if it want for faith.

Human knowledge iz very short, and don't reach but a little ways, and even that little ways iz twilite; but faith lengthens out the road, and makes it lite, so that we kan see tew read the letterings on the mile stuns.

Faith haz won more viktorys than all the other pashuns or sentiments ov the heart and hed put together.

Faith iz one ov them warriors who dont kno when she iz whipped.

For Faith iz no milksop, but a live fighter. She dont set down and gro stupid with resignashun, and git weak with the buty ov her attributes; but she iz the heroine ov forlorn Hope — she feathers her arrows with reazon, and fires rite at the bull's eye ov fate.

I think now if i couldn't hav but one ov the moral attributes, i would take it all in faith — red hot faith i mean; and tho i mite make sum fust rate blunders, i would do a rushing bizzness amung the various dri bones thare iz laying around loose in this world. — *Josh Billings.*

THRIFT

A nation, the citizens of which measure up to the standard of making the most of one's resources, tangible and intangible, is a stable, dependable nation. In the present period of flux and change, of unrest and intrigue and revolution, America can only perform her duty to her people and the people of the world if she holds steady, and she can only hold steady through industry and the foresight of her citizenry.

Waste is the enemy of good business. Why should the farmer leave the plow to rust away outside the barn all winter? Why should the housewife overheat the house and the factory worker throw good material on the scrap heap? Because of these things statistics show that there are, in America today, 1,250,000 people who are dependent upon charity, because in their earning days they cultivated habits of waste rather than of thrift.

Sanctuary

Sometimes we lose Him in the streets of town,
Where there are noise and people everywhere,
But when I go out to the woods and fields
I find Him there.

For when I am alone and stand quite still,
Where all is quiet, save perhaps a bird,
It seems to me His loving, gentle voice
Might soon be heard.

It seems to me the trees and flowers and leaves
Were silent with the secret of His ways,
As if they knew His presence intimate
Through all their days.

As if the whispered murmurs of the breeze
Were little messages divinely sent,
And though I cannot hear the words He says,
I am content.

So when I lose Him in the streets of town,
Where there are noise and people everywhere,
Oh, then I go out to the woods and fields
And find Him there.

— *Jessie Grahame in the Christian Register.*

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ALMONDS SALTED AND IN PROCESS OF SALTING

Seasonable and Tested Recipes

By Janet M. Hill

IN ALL recipes where flour is used, unless otherwise stated, the flour is measured after sifting once. Where flour is measured by cups, the cup is filled with a spoon, and a level cupful is meant. A tablespoonful or teaspoonful of any designated material is a LEVEL spoonful. In flour mixtures where yeast is called for, use bread flour; in all other flour mixtures, use cake or pastry flour.

Banana Cocktail

PEEL fully ripe bananas, and scrape off the coarse threads. With a small potato scoop cut out balls from the prepared bananas, and roll each ball in lemon or grapefruit juice to keep it from discoloring. Add small pieces of grapefruit pulp or canned pineapple with some of the juice or syrup. Set into cocktail glasses, and finish with a cherry at the top; serve as a first course at luncheon or dinner. For recipe that will use the trimmings of the bananas, see Banana Sponge on another page of the Seasonable Recipes.

Chicken-and-Tomato Soup

Melt a tablespoonful of fat in a saucepan; add a small onion, three branches of parsley and two stalks of celery, or the equivalent of celery leaves, all chopped fine, and let simmer, stirring meanwhile, until softened and yellowed; add one can of tomatoes, and about three pints of chicken broth and let simmer half an hour; press through a sieve; add about two teaspoonfuls of salt and a scant half teaspoonful of pepper and reheat to the boiling point; stir one tablespoonful and a half of cornstarch or potato flour with cold water to a smooth consistency, then stir into the hot soup, and let cook ten minutes longer; skim and it is ready to serve.

Broiled Bluefish

Heat the broiler and rub over the wires on the inside with a piece of fat, salt pork. Set the fish over the fire with the flesh side towards the heat, and rather close to it. After a few seconds draw the broiler farther from the fire, and cook, first on one side and then on the other, but mostly on the flesh side, to avoid burning the skin. Brush the flesh side occasionally with a little melted butter or oil. Press the back of a four-pronged fork down upon the fish over the wires, one at a time, the full width of the fish,

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thus separating the flesh from the wire of the broiler. This should be done on both sides of the fish, when it may be slipped, skin side down, on a platter made hot to receive it. Spread with butter, creamed with a little lemon juice and chopped parsley and serve at once.

Spiced Mackerel

Cook the fish in boiling water, as for the table. When cold cut into pieces for serving. Scald a pint of vinegar, three cloves, a tiny bit of bay leaf, if desired, and a teaspoonful of white mustard seed about fifteen minutes. When cold turn over the pieces of fish. Drain off the vinegar before serving. Boiled brook trout are good prepared in this way.

Baked Mackerel

Cut the mackerel in halves, lengthwise. Set these in a greased baking dish, and add a few bits of butter, here and there. Bake about half an hour, or until the surface is delicately browned. Beat two tablespoonfuls of butter to a cream; beat in a teaspoonful of chopped parsley, a few grains of salt and a tablespoonful of lemon juice. Spread this over the fish and serve at once. Strips of fat, salt pork, laid over the fish before cooking, may be used in place of the butter.

Broiled Mackerel Roe

Wipe the mackerel roe, sprinkle with salt and pepper, and put on a wire broiler, that has been greased to prevent sticking. Broil about five minutes on each side and spread with creamed butter mixed with lemon juice and fine-chopped parsley. Shad roe may be cooked in the same way, but are not quite as choice and delicate as the roe of mackerel. Broiled bacon is good with broiled fish roe.



BANANA COCKTAIL

Canned or Left-Over Salmon Loaf

Drain the liquid from a can of salmon or an equal amount of left-over, boiled salmon. With a silver-plated fork pick the fish fine, discarding skin and bones, To the fish add half a cup of fine, soft. breadcrumbs, the yolks of four eggs, beaten light, four tablespoonfuls of melted fat, half a teaspoonful of salt, a scant half-teaspoonful of pepper, a teaspoonful of fine-chopped parsley and mix thoroughly. Fold in the whites of four eggs, beaten very light. Turn the mixture into a greased baking pan, shaping it into a loaf, or, press it into a pan of just the right size, lined with greased paper. Bake in a pan of water about half an hour. Turn on a hot dish and serve with a bowl of drawn-butter sauce. Sliced or chopped hard-cooked eggs, capers, or chopped pickles may be added to the sauce.

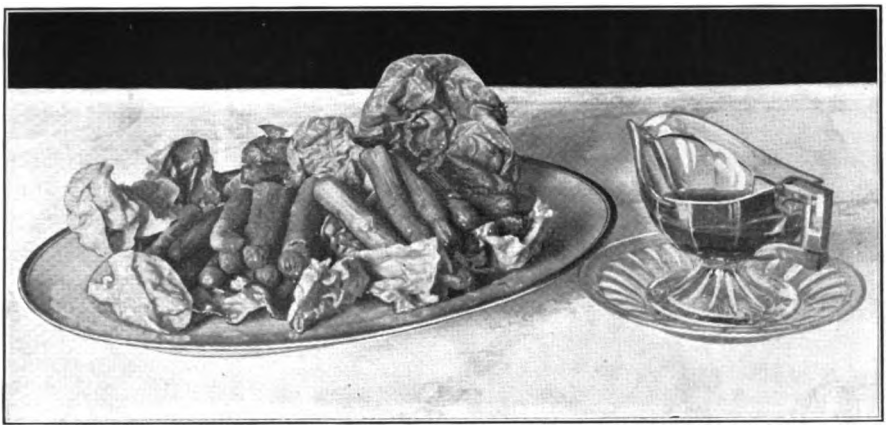
Chicken, Lamb or Veal, Creole Style

Melt three tablespoonfuls of fat; in it cook one tablespoonful of chopped onion and two of green pepper. When these are softened and yellowed, stir in three tablespoonfuls of flour and half a teaspoonful of salt. When the flour is absorbed, add one cup of chicken broth and half a cup of tomato pulp; stir until boiling, then add a teaspoonful of grated horseradish, a teaspoonful of lemon juice, and one cup and a half of cooked meat, cut in half-inch pieces; serve very hot with plain boiled rice or toast.

Swiss Steak

Have round steak cut in slices about

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ASPARAGUS, VINAIGRETTE SAUCE

one inch and a half thick. For such a steak, weighing about three pounds, take half a cup of flour. Put the steak on a hard-wood board and with a heavy, earthen saucer pound the flour into it, first on one side and then on the other, breaking the fibre of the steak meanwhile. When all the flour is pounded in, the steak should be very tender. Melt two tablespoonfuls of fat in a frying pan; put in the meat and let brown on one side, then turn and brown the other side. Add boiling water and let simmer from two to three hours. The flavor is indescribably good, if the meat be rubbed over with a clove of garlic, cut in halves, before browning. From three pounds of steak eight or ten portions may be cut.

Brown Mushroom Sauce

Use fresh or canned mushrooms. If fresh ones are used, peel and discard the peelings and stems; break the caps in pieces and cook them in a little hot fat, stirring meanwhile, until the moisture is evaporated. Melt one-fourth a cup of fat; in it brown one-fourth a cup of flour, then add the liquid from the meat and stir until boiling; add the mushrooms and it is ready. With canned mushrooms, use the liquid in the can with the liquid of the meat in making the sauce. Add the mushrooms cut in halves, lengthwise, at the last moment, and make hot without boiling the sauce.

Asparagus, Vinaigrette Sauce

Scrape the scales and coarse skin from the ends of the stalks of a bunch of asparagus, and let boil in salted water until tender. Remove at once, rinse in cold water, drain on a cloth and let become very cold. Send to the table on a folded napkin with the sauce in a bowl, or, dispose the chilled stalks on lettuce leaves and pour the sauce over them. For the sauce take one-fourth a teaspoonful, each, of salt and pepper, one tablespoonful of vinegar and one-third a cup of vegetable oil. Beat thoroughly with a small egg-beater, then beat in two tablespoonsfuls of fine-chopped parsley and either chives or shallot.

Asparagus Omelet

(French Omelet)

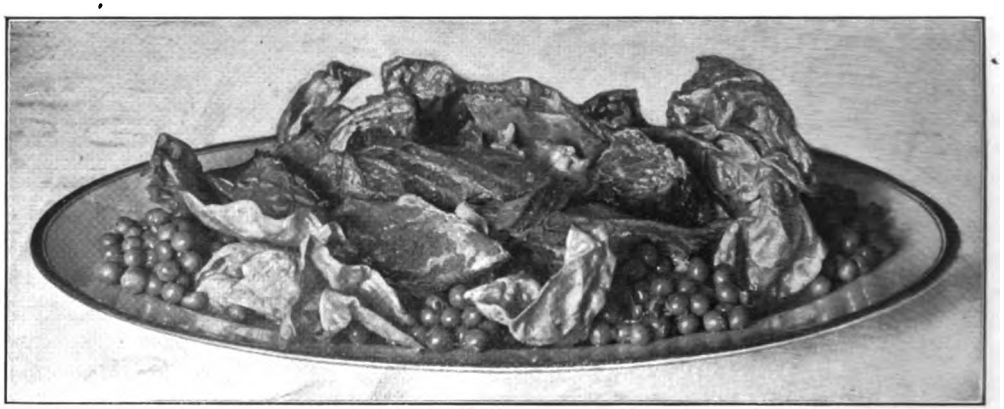
Beat three eggs with a spoon until a full spoonful may be lifted. Add three tablespoonfuls of water, and one-fourth a teaspoonful, each, of salt and pepper. Melt a teaspoonful of butter in a hot omelet pan, and turn in the egg-mixture; shake the pan (using a spatula, if necessary, to separate the cooked mixture from the side of the pan), to let the egg as it cooks slide on the bottom of the pan, and the uncooked egg come next the pan. Continue the shaking or rocking of the

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pan until the mixture is creamy throughout. Have ready, before starting to cook the omelet, a cup of sauce made of two tablespoonsfuls, each, of butter and flour, one-fourth a teaspoonful, each, of salt and pepper, and half a cup, each, of milk and the water in which the asparagus was cooked; into this stir a generous cup of cooked asparagus tips. When the omelet is cooked, spread a little of the asparagus mixture over it, roll or fold and turn on to a hot platter. Turn the rest of the asparagus around it and serve at once.

Asparagus, Spanish Style

Wash two bunches of neatly trimmed asparagus. When trimming cut off the tough ends and the coarse scales above. Tie each bunch in three bundles. Cover with boiling water and let cook about twenty minutes, or until just tender. In the meanwhile, in a small saucepan melt two tablespoonfuls of fat; add one small onion, chopped, six pepper corns, or a strip of green or red pepper, chopped, two branches of parsley and let cook until softened and yellowed; add three tablespoonfuls of flour, half a teaspoonful of salt, and a grating of nutmeg and stir until frothy; add two cups of chicken or veal broth and let simmer fifteen minutes. Strain, reheat and without boiling stir in the beaten yolks of two eggs mixed with a tablespoonful of lemon juice. Beat in one tablespoonful of butter. Serve the asparagus on toast with sauce in a bowl. This provides a rich, appetizing and seasonable dish.



SALMON-AND-GREEN PEA SALAD

Asparagus Omelet

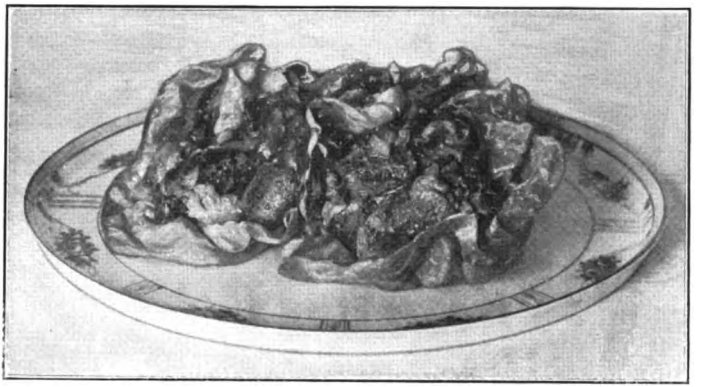
(Puffy Omelet)

Beat the whites and yolks of three eggs, separately; very light. Into the yolks fold three tablespoonfuls of water and one-fourth a teaspoonful, each, of salt and pepper, then fold in the whites. Melt a teaspoonful of fat in a hot omelet pan, turn in the egg mixture and make it smooth on the top. Let stand a moment on the top of the range to set the egg on the bottom, then put the omelet pan into a very moderate oven to cook until a knife thrust into the center of the omelet comes out without uncooked egg adhering to it. Score the top of the omelet from one side to the other, in the center and at right angles to the handle of the pan; spread some of the asparagus and sauce (see French Omelet) on one side of the omelet, fold at the scoring, and turn on to a hot platter; pour the rest of the asparagus and sauce around the omelet and serve at once.

Asparagus with Thousand-Island Dressing

Prepare the asparagus as above. Put into a small fruit jar half a cup of olive oil, the juice of half a lemon and half an orange, a teaspoonful of grated onion

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LOBSTER SALAD

pulp, one-fourth a teaspoonful, each, of salt and paprika, one teaspoonful of Worcestershire sauce, one-fourth a teaspoonful of mustard and three sprigs of parsley chopped fine; put on the rubber and the cover and shake vigorously until well-mixed and creamy, then pour over the asparagus or into a bowl.

Salmon-and-Green Pea Salad

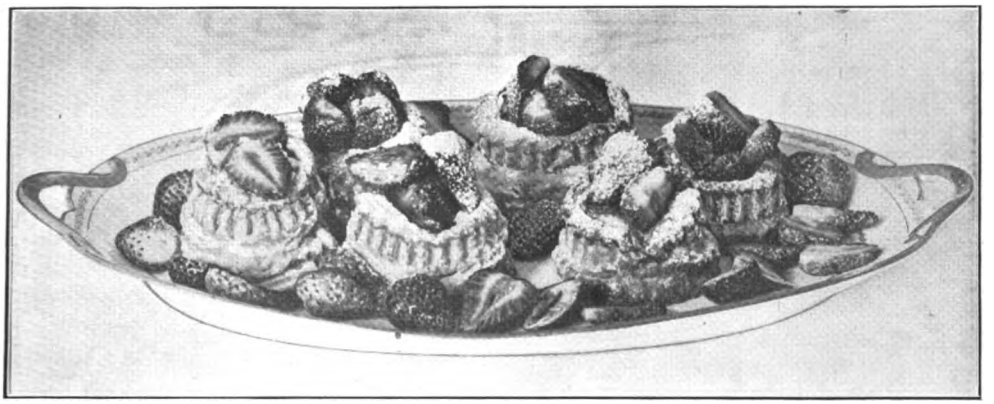
Separate the salmon into flakes, breaking it into neat shapes. Set these on heart-leaves of lettuce, carefully washed and dried. Mix cold, green peas with French dressing and set around the salad between the leaves; serve more French dressing in a bowl. Mayonnaise or boiled dressing may be served, separately, or a little may be used on the salad as a garnish.

French Dressing

Put into a glass fruit jar half a cup of olive oil, one-fourth a cup of cider vinegar, one-fourth a teaspoonful, each, of salt and pepper, and about a teaspoonful of scraped onion juice or pulp. Put on one or two rubber rings, and adjust the cover of the jar, and shake vigorously until the ingredients are thoroughly blended and thickened somewhat. Pour at once over the salad and serve. Dressing left over in the jar may be added to and used at another time.

Lobster Salad

Remove the lobster from the shells in as large pieces as possible. Retain all the flesh from the body bones. Set the lobster on carefully washed-and-dried



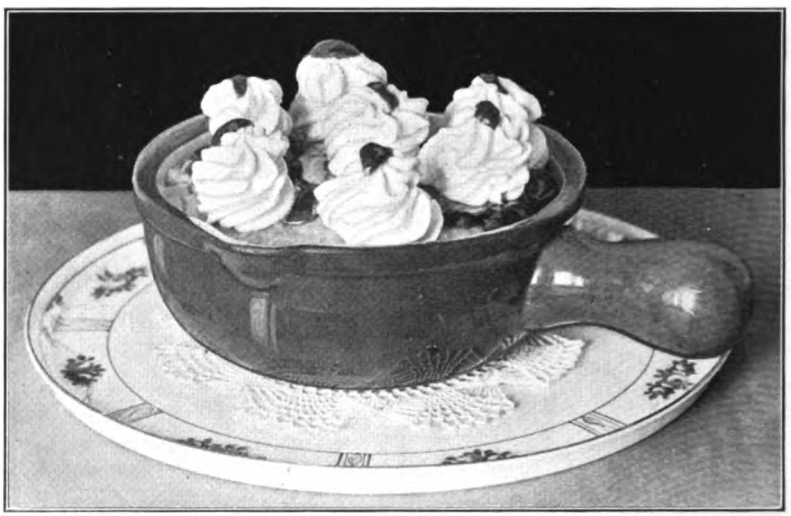
PUFF-PASTE PATTIES WITH STRAWBERRIES

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leaves of lettuce and serve French dressing in a bowl apart. Lobster should be handled as little as possible. Mayonnaise is too rich for any flesh as hearty as lobster; a very little may be used as a garnish after the lobster has been seasoned with French dressing.

Canned Corn Pudding, Nantucket Style

Beat one egg; add one cup of canned corn, half a cup of rolled cracker crumbs, one-third a cup (or less) of sugar, half a teaspoonful of salt, one-fourth a teaspoonful of black pepper and two cups of milk. Bake nearly an hour in a very slow oven. It is baked when firm at the center; serve hot with butter at luncheon or supper.



VANILLA RICE PUDDING

Buttered Leeks on Toast

Wash and trim one or two bunches of leeks; cook in boiling, salted water until tender, then drain. Set the leeks on slices of buttered toast; pour on to each slice about two tablespoonfuls of melted butter and serve very hot; cream sauce may replace the butter.

Peach Pudding, Delmonico Style

Turn a pint can of peaches into a pudding dish. Scald two cups of milk in a double-boiler. Mix two tablespoonfuls and a half of cornstarch with three tablespoonfuls of sugar and half a teaspoonful of salt, and stir into the hot milk; stir and cook until the mixture thickens, then cover and let cook, stirring occasionally, fifteen minutes. Beat the yolks of two eggs; add a tablespoonful of sugar and beat again, then stir into the hot mixture; stir and cook until the egg is set, then turn over the peaches. Beat the whites of the eggs very light; gradually beat in four tablespoonfuls of sugar and spread over the pudding. Dredge with a teaspoonful of granulated sugar and set into a very moderate oven to cook the meringue. It should take about twelve minutes; serve hot or cold.

Vanilla Rice Pudding

Blanch half a cup of rice. Add two cups of water and half a teaspoonful of salt and let cook till the rice is tender. Scald one cup and a half of milk in a double-boiler; stir three level tablespoonfuls of cornstarch and half a teaspoonful of salt with half a cup of milk till smooth, then stir into the hot milk. Cook and stir until thick, cover and let cook about ten minutes. Beat two yolks;

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add half a cup of sugar and beat again, then stir into the hot mixture; beat in the rice, which should have been cooked dry, and a teaspoonful of vanilla. Turn into a pudding dish. One whole egg may be used in place of the yolks. When cold, or partly so, and ready to serve, garnish with whipped cream and spoonfuls of jelly or jam.

Apricot Whip

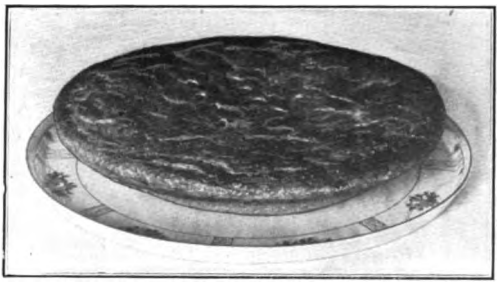
Press through a sieve enough cookcd apricots to fill a cup; add half a cup of sugar and the juice of half a lemon and mix thoroughly. Fold in the whites of four or five eggs, beaten very light, and turn into a buttered-and-sugared baking dish. Bake set in a pan of hot water until firm in the center; serve hot with cream.

Coffee Jelly

Soak two tablespoonfuls of granulated gelatine in half a cup of cold water, and dissolve in three cups of hot strong coffee; add half a cup of sugar and stir until gelatine and sugar are dissolved. Stir several times while cooling, then turn into a mold to harden; serve with

Foamy Cream Sauce

Soften a scant half a teaspoonful of gelatine in two tablespoonfuls of cold water, and let dissolve by setting over the teakettle; add one cup of cream from the top of the milk bottle, two tablespoonfuls of granulated sugar and one teaspoonful of vanilla; mix thoroughly and when cold beat until frothy.



RHUBARB PIE, TWO CRUSTS

Strawberry Jam Turnovers

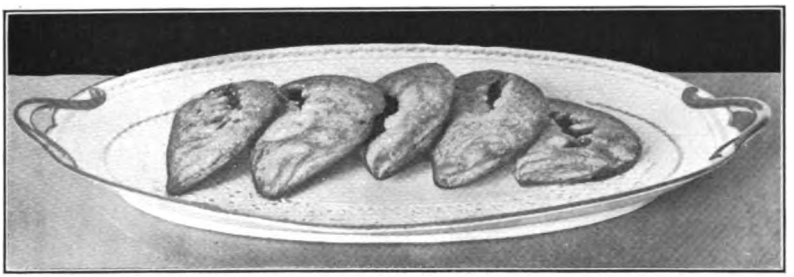
Cut plain or puffy pastry, rolled into a thin sheet, into large rounds (between four and five inches is none too large). Cut slits in one side, on the other set a large spoonful of strawberry jam or preserves, brush the edge with cold water, and fold over to enclose the filling. Press the edges together and set on a baking sheet; dredge with granulated sugar; bake in a quick oven.

Rhubarb Pie, Two Crusts

Line a pie plate with pastry. To two large cups of rhubarb, in inch-lengths, add one cup of sugar, the juice of half a lemon and the well-beaten yolks of two eggs, with half a teaspoonful of salt. Turn the mixture into the lined plate, brush the edge of the pastry with cold water, cover with a layer of pastry and let bake until done. Half a cup of fine cracker crumbs may replace the eggs.

Maple Parfait

Beat one cup of double cream and one



STRAWBERRY JAM TURNOVERS

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cup of cream from the top of a quart bottle of milk till thick to the bottom of the bowl, and set aside to keep chilled. Boil one cup of maple syrup until reduced about one-fourth; pour in a fine stream on the beaten yolks of three eggs, beating constantly meanwhile. Return the mixture to the fire and let cook over hot water, stirring constantly, until thickened somewhat. Remove from the fire and beat until cold. Then fold, by degrees, into the cream. Turn into a quart mold. Spread a paper over the top, press the cover over the paper, and pack the mold in equal measures of ice and salt. Let stand about three hours.

Banana Sponge

Soften one teaspoonful of granulated gelatine in three or four tablespoonfuls of cold water. Press enough banana through a ricer to fill a cup; stir and cook the cup of pulp, the juice of half a lemon and half a cup of sugar over the fire until boiling throughout, and add the gelatine; let cool in ice and water; when beginning to set, fold in the whites of two eggs, beaten very light. When cold enough to hold its shape, dispose in glass cups. Decorate the glasses with a spoonful of whipped cream, if desired.

Strawberry Shortcake

Sift together three cups of pastry flour, six level teaspoonfuls of baking powder, and a generous half-teaspoonful of salt. Cut in one-fourth a cup of shortening and stir to a soft dough with sweet milk. Spread in two, round, well-greased cake pans and bake in a quick oven. Spread one layer with butter, then with strawberries, hulled, washed, cut in halves, and mixed with granulated sugar. Set the second layer above the berries, cover with sugared berries and serve with or without cream. The dough may be baked in flat biscuit-shapes and served individually.

Salted Almonds

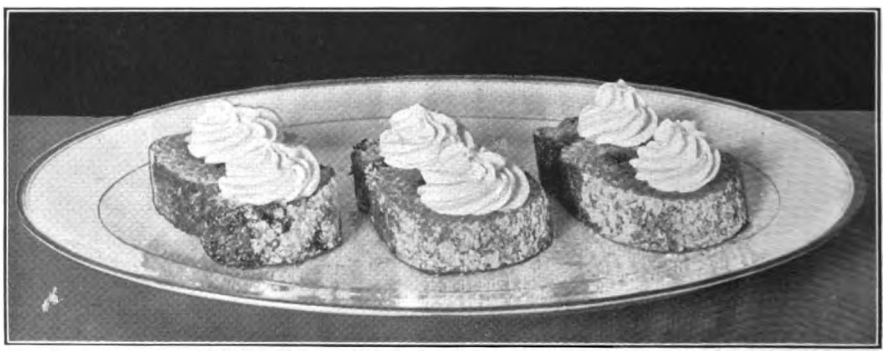
Cover the almonds with boiling water, let boil vigorously, drain, cover with cold water, drain again and slip the skins from the nuts, one at a time, between the thumb and forefinger. Dry the nuts on a cloth. Beat the white of an egg until well broken but not in the least light. Dip the tips of the fingers into the egg and repeatedly take up and drop a few nuts at a time until they are well coated with egg. Dredge with salt. Let brown delicately in the oven.

Tomato-and-Pineapple Salad

Remove the skins from hot-house tomatoes, scoop out the centers, chill and fill with small cubes of fresh or canned pineapple; fresh pineapple should be sweetened slightly. Set a spoonful of mayonnaise, mixed with one-fourth its bulk of whipped cream, above the fruit.

Sponge Jelly-Roll Dessert

Cut jelly roll into slices; serve with a rosette of whipped cream above.



SPONGE JELLY ROLL DESSERT

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Menus for Week in May

SUNDAY

Breakfast

Strawberries
Pop Overs
Toast
Coffee Cocoa

Dinner

Loin of Veal, Bread Dressing
Asparagus, Melted Butter
Mashed Potatoes
Baked Tapioca Custard Pudding,
Vanilla Sauce
Best Macaroons

Supper

Creamed Shrimps and Peas
Pulled Bread
Canned Fruit
Tea

WEDNESDAY

Breakfast

Puffed Wheat, Top Milk
Asparagus Omelet
Graham Muffins
Coffee Cocoa

Luncheon

Blue Fish-and-Lettuce Salad
Rye Bread and Butter
Peanut Brittle

Dinner

Onion Tapioca Soup
Veal Cutlets
Scalloped Potatoes
Canned String Beans
Pineapple Bavarian Cream

MONDAY

Breakfast

Cream of Wheat, Top Milk
Creamed Dried Beef
Mashed Potato Cakes, Baked
Ryemeal Muffins
Coffee Cocoa

Luncheon

Asparagus Shortcake
Lettuce and Cream Cheese, French Dressing
Orange Jell-O

Dinner

Veal Soufflé, Tomato Sauce
Scalloped Potatoes
Buttered Carrots
Lettuce, Prune-and-Pecan Nut Salad
Whipped Cream Dressing
(Lemon juice and salt)

THURSDAY

Breakfast

Quaker Oats, Stewed Peaches (dried)
Eggs Cooked in Shell
Boston Brown Cream Toast
Coffee Cocoa

Luncheon

Hashed Veal on Toast
Stewed Tomatoes
Individual Lemon Pies

Dinner

Fore Quarter of Lamb, Boiled,
Caper Sauce
Boiled Potatoes
Small White Turnips, Boiled
Cabbage Salad
Baked Bananas, Currant Jelly Sauce

TUESDAY

Breakfast

Wheatena, Top Milk
Creamed Asparagus on Toast
Baking Powder Biscuit
Coffee Cocoa

Luncheon

Cheese Pudding
Spinach, Bechamel Style
Rhubarb Pie

Dinner

Broiled Bluefish
Maitre d'Hotel Butter
Mashed Potatoes
Cucumbers
Strawberry Sherbet
Best Macaroons or
Sponge Cakelets

FRIDAY

Breakfast

Strawberries
Broiled Bacon (short cuts)
French Omelet
Parker House Rolls (reheated)
Coffee Cocoa

Luncheon

Clam or Corn Chowder
Crackers
Custard Pies
Young American Cheese

Dinner

Lamb-and-Tomato Soup
Broiled Mackerel
Spinach
Mashed Potatoes
Lemon Sherbet Cookies
Half Cups Coffee

SATURDAY

Breakfast

Puffed Rice, Milk
Lamb-and-Potato Hash
Cereal Griddle Cakes,
Uncle John's Maple Syrup
Coffee Cocoa

Luncheon

Pickled Mackerel
Creamed Potatoes
Strawberries
Baking Powder Biscuit

Dinner

Fried or Broiled Calf's Liver
and Bacon
Mashed Potatoes
Lettuce, French Dressing
Baked Indian Pudding,
Whipped Cream or Hard Sauce

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Menus for Girls' School Dormitory, May

SUNDAY

Breakfast

Wheatena, Sliced Bananas, Top Milk
Poached Eggs on Toast
Graham Muffins
Coffee Cocoa

Dinner

Roast Leg of Lamb, Bread Stuffing
Scalloped Potatoes
Canned String Beans
Graham and White Bread
Coffee Jelly, Whipped Cream

Supper

Clam or Mock Bisque Soup
Crackers
Sponge Jelly Roll
Cocoa or Tea

MONDAY

Breakfast

Cream of Wheat, Stewed Prunes, Top Milk
Creamed Dried Beef
White Hashed Potatoes
Cereal Griddle Cakes
Coffee Cocoa

Luncheon

Stewed Lima Beans (dried)
Buttered Toast, Pickles
Doughnuts
Coffee or Cocoa

Dinner

Lamb Rechaufée, with Macaroni and Tomato
Parker House Rolls
Spinach
Prune Whip, Custard Sauce

TUESDAY

Breakfast

Cream of Wheat, Half Canned Peach,
Thin Cream
Bacon Hashed Brown Potatoes
Spider Corn Cake
Coffee Cocoa

Luncheon

Cold Boiled Ham, Potato Salad
Fried Mush, Maple Syrup
Tea

Dinner

Roast Veal, Brown Sauce
Mashed Potatoes
Canned Young Carrots, Buttered
Strawberry, or Canned Apricot Shortcake

WEDNESDAY

Breakfast

Oatmeal, Top Milk
Veal-and-Potato Hash
Dried Apricots, Stewed
Dry Toast

Luncheon

Canned Corn Custard
Cold Sliced Sweet Potatoes, Grilled
Prune Pie
Cheese Tea

Dinner

Fresh Cod, Boiled, Egg Sauce
Boiled Potatoes Boiled Onions
Lettuce, French Dressing
Rhubarb or Lemon Pie

THURSDAY

Breakfast

Puffed Wheat, Top Milk
French Omelet
Glazed Currant Buns
Orange or Amber Marmalade
Coffee Cocoa

Luncheon

Welsh Rabbit
Scalloped Tomatoes
Jell-O with Fruit

Dinner

Hamburg Cakes, Broiled
French Fried Potatoes
Spinach
Vanilla Ice Cream, Strawberry Sauce
Plain Cake

FRIDAY

Breakfast

Oranges
Eggs Cooked in Shell
Dry Toast
Fried Cornmeal Mush, Syrup

Luncheon

Broiled Haddock, Maitre d'Hotel, Butter
Mashed Potatoes
Pickles
Bread and Butter
Rhubarb Jelly

Dinner

Hot Boiled Ham, Sliced Thin
Creamed Potatoes
Canned Peas
Cole Slaw
Hot Gingerbread, Whipped Cream

SATURDAY

Breakfast

Cornflakes, Top Milk
Scrambled Eggs
Potatoes Hashed in Milk
Graham Muffins

Luncheon

Corn Chowder
Crackers, Pickles
Boston Brown Bread and Butter
Canned Pear-and-Cottage Cheese Salad
French Dressing

Dinner

Cream of Tomato Soup
Ham Timbales
Canned Peas or String Beans
Mashed Potatoes
Individual Strawberry Shortcakes

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Food Hints for May

By Janet M. Hill

Salads and Dressings

SALAD materials are plentiful in May, and a well-made salad is welcomed at this time. Salads of such diversity may be made that an appropriate one may be devised for breakfast, luncheon or dinner, whether the meal be an everyday affair, or one of formality. The simplest salads, lettuce, cress, endive, etc., served with French dressing, give just the proper finish to a roast of game, poultry or butcher's meat. A salad of which the foundation is meat, fish, eggs or heavy vegetables, as cauliflower, is suitable for the main dish of the meal.

French dressing is the most appropriate for a dinner salad. Mayonnaise in any of its varied forms is too heavy for any meal, save luncheon, supper or banquet, and then it may serve as the principal dish in the menu.

The two principal salad dressings are known as French and Mayonnaise dressing. French dressing is simply vegetable oil, acid and condiments thoroughly blended. The manner of blending, given in the Seasonable Recipes, under the recipe for *French Dressing*, is to be commended. Mayonnaise is also a cold sauce, an emulsion of olive oil; egg-yolks are the medium through which the emulsion is secured. Cooked dressings, made of flour, eggs, acid and fat, in some form, are often called mayonnaise dressings, but a real mayonnaise is an uncooked dressing, vegetable oil emulsified by the use of egg-yolks. Chili sauce, tomato catsup and Rocquefort cheese are often added to both French and Mayonnaise Dressing. Russian Salad Dressing, Livournaise Sauce and Thousand-Island Salad Dressing are simply variations of mayonnaise. Vinaigrette Sauce is French Dressing to which a variety of green vegetables, chopped fine, are added. Onion juice may be used in any salad dressing; garlic, rubbed over the inside of the bowl, or utensil in which any salad dressing is to be mixed, gives an indescribably satisfactory flavor to a salad. Onion, in some form, is almost essential to a perfect salad made of any variety of beans, tomatoes or potatoes. At this season, this flavor may be secured by sprinkling the salad with a few chopped chives.

Fish

In May it is no longer necessary to buy frozen fish. Bluefish, mackerel, pompano, salmon, shad, brook trout and shrimps are all plentiful, as well as the all-the-year-round cod, haddock and halibut. Too much care cannot be exercised in the appearance of fish when sent to the table. A carefully broiled fish, just the right brown, offset with quartered lemons and green parsley, is always appetising. It is a more difficult matter to serve a boiled fish, though, with care, a middle cut of salmon may be made a most attractive dish. If one has no fish kettle,

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a cloth, or a tin plate, rubbed over with fat, may hold the fish, and on it the fish may be lifted without breaking, to the serving dish. As a rule, remove the skin before setting the fish to cook, especially if the fish is to be boiled. In the case of a middle cut of salmon the skin is usually left on the fish, and when the fish is cooked slowly, the silvery skin will stay in place and be an addition to the looks of the dish. Most fish is set to cook in salted, acidulated, boiling water, but, to avoid loss of color, lukewarm water should be used for salmon.

Broiled fish calls for maître d'hotel butter. This is simply butter beaten to a cream with lemon juice, with salt and fine-chopped parsley mixed through it. The heat of the fish should melt the butter. Boiled fish is served with drawn-butter, Hollandaise, or tomato sauce. In drawn-butter sauce, some of the water in which the fish is cooked is used in making a white sauce, then additional butter is beaten, little by little, into it. Hollandaise sauce is a hot emulsion. It contains nothing save butter, egg-yolks, lemon juice, and a small quantity of hot water. As Hollandaise curdles on standing, it should not be made until the last moment before sending to the table.

Vegetables

The markets in May show many representatives of the onion family; leeks, chives, onions from Bermuda, and the common market onion, are all plentiful, while in city markets shallot and garlic are conspicuous. Asparagus is now at its best in Northern markets, and may be used in a wonderfully large number of ways. Frozen asparagus mousse is easily made and suffices, when a novelty is desired. It is served in slices on heart-leaves of lettuce with French dressing. Asparagus with poached eggs, or asparagus salad with sliced hard-cooked eggs are quickly prepared and always relished.

Some of the results obtained last season by the canning clubs of boys and girls who put up vegetables were anything but satisfactory. Last week we opened jars of beets too hard to be eaten, and spinach and string beans, cooked so long that they were too soft to eat. The children claim that the government directions were followed explicitly. We believe that the best results can be obtained with beets, if the beets be cooked in the open kettle until done enough for the table. Then pour on cold water, remove the skins and pack the beets in jars. Set to cook in canner or boiler, filling the jars with boiling water, or vinegar and water, half and half, adjust the rubbers, and covers, but without fastening down the last wire, then let cook about half an hour after boiling begins, when the jars are ready to seal. Cooked in this way tender beets are assured. Blanch string beans, pack in jars, fill with boiling water and let cook in the canner, *uncovered*, the cover beside the jar in the canner, until the beans, when tested with a fork, are ready to eat, then fill to overflow with boiling water, adjust rubber ring, cover and one clamp; let cook about half an hour, then finish sealing.

Life's Tests

If never a sorrow came to us, and never a care we knew;
If every hope were realized, and every dream came true;
If only joy were found on earth, and no one ever sighed,
And never a friend proved false to us, and never a loved one died,
And never a burden bore us down, soul-sick and weary, too,
We'd yearn for tests to prove our worth and tasks for us to do.

— *Edgar A. Guest.*

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Avoid Meal Monotony

By Emma Gary Wallace

ALL housewives are in danger of getting into ruts, as far as the serving of food is concerned. It is so easy to follow the line of least resistance. This is the principal reason that the whole country looked upon the use of meat and flour substitutes as an ordeal, and regarded the trying out of unfamiliar recipes as a hardship.

In reality, any one with the least grain of adventurous spirit and a reasonable amount of time at her disposal, can find a good deal of pleasure in devising new and delectable things to eat. It is simply a matter of making up one's mind — and doing it.

The habit is so easily acquired of waiting until it is almost time to prepare a meal before deciding just what will be served, and then the temptation to try a new dish is likely to receive a setback for lack of time or want of the proper ingredients.

There is no denying that the same foods, served endlessly in the same old ways, become tiresome, and then we wonder why it is that our meals no longer seem to have the zest we would like, and to tempt our families as we would wish.

Why not make up our minds to be happy voyagers after the Golden Fleece of Undiscovered Food Treasures to be had for the seeking? During the never-to-be-forgotten time when the great war held us in its grip, we felt the patriotic urge and did our best to make use of what was available in plentiful and perishable supplies.

Now that the war is over, we must remember that patriotism still calls, and that we must stand by our government in its great and humane effort to see that the nations of the world do not starve before crops are raised once more and food markets restored to the approximate of normal conditions.

Scientists tell us that variety in food is necessary to health, and that while a rat fed on a carefully-balanced ration will grow scrawny and rough of coat, one permitted to rummage at will in the garbage can will soon become sleek and fat, just because of the diversity of tidbits found.

So let us not feel that planning dainty and unusual menus, day after day, and preparing them to the best of our ability, is a waste of time or effort. It is surely worth while to keep the health of those under our roof at its maximum, so that they, in turn, may render the best service of which they are capable in their various avenues of activity. There really is more than mere sentiment connected with the pleasant, lingering memory of the "Good things Mother used to make." With all our hurry of modern life, let us not weary of well doing in the everyday commonplace of meal-getting routine.

It should not be lost sight of either that the palate is likely to tire of unfamiliar dishes more quickly than of those to which we have been accustomed. As proof of this, we have but to remember that we would not think of complaining if white bread or white biscuits of different kinds were served to us week in and week out, but we were not content to have the same war bread, made of the same flour, served as a steady diet, and so a multitude of rules for different breads and combinations of flours have been offered to meet the emergency.

Wisdom dictates that we shall decide well in advance, as to the new recipes we will try, that we may familiarize ourselves with the requirements of the process, and assemble the necessary ingredients. Having done this, we will thoroughly enjoy doing the work, and have a good time anticipating and discovering the good things we can make.

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Here are a few recipes which are economical in that a minimum of sugar is used, no milk, only a little cream, and a maximum of healthful fruits. In addition to this, all in their finished form offer excellent food values.

We must not expect that food prices are going to drop very much as long as the world's supply is short and the price of labor so high. And the price of labor is bound to remain high for a long time to come. This is inevitable. Statistics tell us that, as nearly as can be estimated, about 20,000,000 strong men in their prime have been sacrificed in the world war, and about 6,000,000 people of both sexes, old and young, in the recent influenza epidemic.

In addition to this, a vast amount of work must be done, and done at once, in the way of reconstruction of devastated countries and industries. In our own United States, there is an unprecedented amount for labor to accomplish. We must furnish the materials for reconstruction abroad; we must build up our merchant marine and possibly our navy; we must reclaim the waste areas of the West; we must expand our commerce and make it world-wide; we must increase our transportation facilities on land as well as on sea; we must develop the resources of our own country, to make America independent of the world in so far as possible; we must build up great commercial enterprises, to furnish the supplies for all this work. Yes, labor will continue high in price, because of the tremendous demand upon it.

The reaction of all this is that the cost of living will not rapidly decline, and we must go on planning to make the very best use of everything we have, and especially of food supplies. This is why simple, wholesome recipes, attractive to the eye and nourishing to the body, are valuable to have, and the ones which prove acceptable to our families should be carefully filed for future use.

Victory Lemon Pie

1½ cups fresh bread crumbs
3 tablespoonfuls butter or fat
1 cup boiling water
½ cup white corn syrup
½ cup sugar
1 tablespoonful cornstarch
2 egg-yolks
Strained juice of 1 lemon
Grated rind of 1 lemon

Break the bread crumbs fine, mix with the butter and the boiling water, and let stand ten or fifteen minutes. Blend the sugar and cornstarch, add the well-beaten egg-yolks, the grated rind, and the lemon juice. Combine with the bread crumb mixture. Bake in a good-sized crust and cover with a meringue, made of the two egg-whites. This lemon pie has the advantage of jellying deliciously and being of a consistency to cut with ease.

Orange Salad with Nut Dressing

2 bananas
4 ripe, heavy oranges
Lettuce
1 cup chopped salted peanuts
½ cup whipped cream
½ cup boiled salad dressing

Remove the skin from the bananas, scrape and cut each one in lengthwise fingers or strips about two inches long. Remove the peel from the oranges and cut in crosswise slices.

Arrange two slices of orange and four pieces of banana on crisp lettuce for each individual serving. Sprinkle with the chopped peanuts. Finish with the dressing, made by mixing the whipped cream and the boiled dressing.

Rice Fruit Salad

½ cup rice
1 pint boiling salted water
1 pint orange juice
Juice of 1 lemon
1-3 cup white corn syrup
Lettuce
Boiled dressing
Pimiento cottage cheese balls
1 cup chopped peanuts

Wash the rice, cover with the pint of boiling salted water, and cook for ten minutes. Drain, cover with the strained orange juice, lemon juice, and syrup. Cook in a double boiler until tender. Cool, mix in the chopped peanuts with a fork, also one-half teaspoonful of salt.

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Make cottage cheese balls the size of a walnut by adding one tablespoonful of melted butter-substitute, one teaspoonful of chopped sweet pimiento, and one level teaspoonful of salt to each half pint of the cottage cheese. Arrange lettuce leaves on plates. Make a small mound of the fruited rice on each plate, dress with boiled dressing, which has been thinned with one-third of its volume of whipped cream. Garnish each salad with a cottage cheese ball.

Mock Lobster Salad

1 pint cooked flaked haddock
1 pint chopped celery
3 tablespoonfuls lemon juice
1 cup Iroquois salad dressing
1 tablespoonful pimiento
2 hard-boiled eggs

Free the fish from all bones and skin. Mix cold, flaked boiled haddock with the minced pimiento. Season with one-half teaspoonful of salt and the lemon juice. Let stand for an hour. Add the celery, which has been finely chopped. Prepare the Iroquois salad dressing by mixing together two tablespoonfuls of olive oil, one tablespoonful of Tarragon vinegar, three tablespoonfuls of catsup, one-fourth saltspoonful of paprika, and one-fourth teaspoonful of salt. Moisten the fish mixture with the dressing. Stir lightly. Pile the mock lobster on crisp lettuce leaves. Add a touch of mayonnaise, garnish with a thin slice of lemon, and a couple of pieces of hard-boiled egg. The egg will look better if sliced lengthwise.

Nippon Salad

½ cup rice
1 qt. boiling salted water
4 hard-cooked eggs
2 tablespoonfuls chopped green pepper
2 tablespoonfuls chopped red pepper
1 tablespoonful chopped parsley
2 tablespoonfuls minced onion
2 tablespoonfuls lemon juice
1 teaspoonful salt
2 small, or 1 large box sardines
Lettuce
French dressing

Prepare the rice, wash, and cook in the boiling salted water until tender. Empty the boiled rice into a colander, pour a quart of cold water over it quickly, shaking so that the water will drain out at once. This prevents the rice kernels from sticking. Place in the oven to dry.

Chop the eggs, pepper, and parsley very fine and fold into the rice with a fork, being careful not to break the kernels. Arrange on a platter, or in individual servings, as preferred, using a bed of lettuce and a border of the seasoned rice. Turn the oil from the sardines and place these in the center. Prepare the dressing by taking the sardine oil and adding sufficient salad oil to make half a cup. Mix with this, one-half teaspoonful of salt, one-fourth saltspoonful of paprika, and two tablespoonfuls of lemon juice. Shake all together until thoroughly mixed. Or, if you prefer, you can use one tablespoonful of vinegar, and one of lemon juice. Dress the salad with this and garnish with small lengthwise sections of lemon.

Lemon Honey Sandwich Filling

1 cup butter or fat
½ cup sugar
2-3 cup strained honey
4 egg-yolks
2 lemons

Cream the butter; add the sugar gradually until all has been blended with the butter, beat in the honey, and heat in a double boiler, beating until the mixture is hot and nicely blended. Beat the egg-yolk until lemon colored; add the grated rind of a lemon, and turn gradually into the mixture in the double boiler and continue to stir until the preparation becomes quite thick. Add the juice of the lemons and continue stirring until thoroughly cooked and of the consistency of very heavy cream. Turn into sterilized jelly glasses, cover, and use for a sandwich filling or spread.

Lemon Cheese Sandwiches

Blend one cup of cottage cheese with enough of the Lemon Honey to moisten to a spreading consistency. Use between slices of thin, fresh, oatmeal bread. If desired, the spread may be sprinkled with chopped walnut meats.

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The Tinkle of Ice

By Grace P. T. Knudson

WHEN will the tinkle of ice on the moisture-frosted glass cease to attract the thirsty man or woman, boy or girl on a hot day? That tinkle is half the story of the fascination of a cooling drink; the other half is the evasive flavor that succeeds in tempting the palate.

At first thought, it may seem impossible to concoct a new and satisfactory mixture wherewith to quench thirst. You will undoubtedly exclaim, "Just the same old drinks, thinly disguised under new names!" While there exists, of course, no really new thing under the sun, who can point to a full glass anywhere in this wide world and truthfully say, "Drink! The nectar of the gods!" But, a new manner of blending old ingredients may produce appetizing results worth noting.

The following real thirst-quenchers were developed in a tea-room that has attained a reputation for uniquely blended drinks. "Shall I find nectar amongst them?" you ask. Try them and judge for yourself, and, as the Mexican says, "Quien sabe?"

It is well to keep on hand for summer drinks a chocolate syrup and a plain sugar syrup. This saves sugar and time, and gives a much more satisfactory flavor, especially when a drink is mixed quickly.

Chocolate Syrup

Materials:

1 cup sugar, or ¾ cup honey
½ cup cocoa powder
¾ cup warm water
1 stick cinnamon
2 tablespoonfuls strong coffee
1 teaspoonful vanilla extract

Way to prepare:

Place sugar, or honey, and cocoa in a saucepan, add cinnamon stick and pour on the water. Mix well, heat slowly, and boil two minutes. Cool, add strong coffee and vanilla, and strain. Keep in a preserve jar, in a cool place, and use as needed.

Sugar Syrup

Materials:

1 cup sugar, or ¾ cup honey
¾ cup warm water

Way to prepare:

Pour the warm water over the sugar or honey. Let it stand until the sugar is dissolved, bring slowly to a boil, and then remove from the fire at once. Keep in a covered jar for use when wanted.

Iced Chocolate

Place three tablespoonfuls of chocolate syrup in the bottom of a drinking glass; add two tablespoonfuls of fresh or evaporated cream, two of cracked ice, and fill the glass with rich milk. Mix thoroughly in a shaker, or by pouring rapidly from one glass to another, until it is foamy.

Chocolate Ginger Cream

Place two tablespoonfuls of chocolate syrup, and one of cream in a glass. Stir, add a tablespoonful of cracked ice, and fill the glass with ginger ale.

Coffee Ginger Cream

Place, in a glass, two tablespoonfuls of strong cold coffee, one of sugar syrup, and one of cream. Stir well, add a tablespoonful of cracked ice, and fill the glass with ginger ale.

Champagne Lemonade

Materials:

½ lemon
1 tablespoonful lime juice
1-3 bottle ginger ale
1 tablespoonful sugar syrup
2 tablespoonfuls grape juice
1 tablespoonful cracked ice

Way to prepare:

Squeeze the lemon into a glass, add

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the other ingredients, and mix thoroughly. Use either white or red grape juice; white imparts the more desirable flavor for some people.

Put together in larger quantities, this is particularly fine to serve in place of punch, and men like it.

White Grape Split

Mix white grape juice and lime juice in proportions of half and half. For each glass allow one tablespoonful of sugar syrup and one of cracked ice.

Country Club Shake

Use equal parts of orange juice, white grape juice, and ginger ale. For each glass allow one-half a tablespoonful of sugar syrup and a tablespoonful of cracked ice.

Grape Horse's Neck

To the juice of half a lemon add two tablespoonfuls of red grape juice. Place in a glass with cracked ice and fill the glass with ginger ale.

This tart drink is well liked by men.

Tamarindade

This is a favorite and healthful drink which is in vogue with Americans living in tropic countries where the tamarind tree grows. We may indulge in this delicious drink in our own United States, since most first-class grocers carry in stock the preserved tamarinds.

Make the juice by boiling one-half a pint of tamarinds in two quarts of water. Cook slowly for fifteen minutes, then strain, bottle and keep in a cool place.

For tamarindade mix the juice of half a lemon and one tablespoonful of sugar syrup in a drinking glass. Add to this mixture cracked ice, tamarind juice and water in equal parts to fill the glass.

South Sea Cooler

To the juice of half a lemon, add one tablespoonful of lime juice, and one of sugar syrup. Add some cracked ice and fill the glass with tamarind juice.

Tamarind Fizz

To the juice of half a lemon, add two tablespoonfuls of tamarind juice, and one of sugar syrup. Mix, add ice and fill the glass with ginger ale.

Children of Dream

The black ash grows in the swampy ground,
The white ash in the dry;
The thrush he holds to the woodland bound,
The hawk to the open sky.

The trout he runs with the mountain brook,
The swordfish keeps the sea;
The brown bear knows where the blueberry grows,
The clover calls the bee.

The locust sings in the August noon,
The frog in the April night;
The iris loves the meadow-land,
The laurel loves the height.

And each will hold his tenure old
Of earth and sun and stream,
For all are creatures of desire,
And children of a dream.

— *Bliss Carman.*

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Contributions to this department will be gladly received. Accepted items will be paid for at reasonable rates.

A Model Kitchen in the Mountains

By Genevieve Davis Stevens

IN the Allegheny Mountains, many miles from a railroad, is a village of two hundred people. The houses are built directly on the "pike," the old road upon which General Braddock marched in Colonial times, in the attempt the English made to keep the French back of the mountains. This road is now the national highway, the automobile road running from coast to coast.

The pretty homes of this neighborhood of people stand close to the road, as though clinging to human companionship, for there is ample space for all; the fertile fields and the orchards stretch away through the valleys to the blue of other mountains. On the crest of the hill stands the round tower toll-house, built one hundred years ago of huge blocks of stone, a small fortress. One window is boarded up with the original sign, with the toll rates cut in the wood. Snugly ensconced in this house is a family, the members adapting their housekeeping requirements to the facilities the place affords. And all about is a gay bloom of posies, so many of one kind that one feels like calling it Dahlia Town. On one porch there is a hanging glass fish globe, with a gold fish almost as large as its home. We will always wonder whether it was and, if so, how it turned around, or did the globe magnify the fish?

What aspect does the newer thought in home economics present to intelligent people so far removed from active participation in the daily march of progress, which is going on in the busy marts of men. A visit to the house of one of the home-makers disclosed as modern a bungalow as one would find anywhere, and more convenient in housekeeping appointments than those planned by many an architect of reputation.

The house contained a model kitchen with many labor-saving appliances: bread-mixer, mayonnaise-mixer, double roasting pan and aluminum cooking utensils. At the right of the stove there was a closet for cooking utensils, at left of sink the closet for dishes (note the saving of steps). The steam radiator had a table top of wood and was at the right of the sink and between it and the dining room, thus giving a handy place "betwixt and between," a rest spot for things heavy.

But the wonder of this kitchen was the cabinet designed by this home-maker, and her ideas were carried out by the village carpenter. Its beauty and convenience consisted somewhat in its simplicity, and the absence of nooks and crannies to be kept clean. There was a broad expanse of zinc-covered table space, with one end extending out a bit from the main body of the cabinet, so as to make a secure place to attach the meat grinder, and similar utensils. Below the table space were three capacious, zinc-lined drawers for flour, bread and cake. These were

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set up a bit from the floor, so as to leave foot room when working. Below these, and occupying the place back of the foot space there were three smaller drawers, one of which contained handy tools.

Above the table was the cabinet, built no higher than one could reach easily, so as to put large articles, like scales, on the top. The lower two doors when open disclosed, on the inside of the right, the spices in glass jars that screwed on tightly. There were two rows of three jars each, and they were held in place by a nickel attachment. This had been purchased at a department store. On the opposite side were narrow shelves with a rail along the front of each, to hold miscellaneous articles used in the kitchen. At the back of the cupboard was a long, narrow shelf, with a rail in front, and not quite coming to the end of the cupboard, so as to be cleaned more readily. On the bottom of this shelf were hooks on which hung cookey cutters and other small articles. Above this cabinet space opened two doors of the same proportions as the lower ones, and here were the supplies in an orderly row.

This housekeeper puts up all the winter's supply of vegetables from her own garden: corn, tomatoes, beans and all kinds of fruit. Also the supply of sausage and pork tenderloins.

The sink, with ample drain boards either side, stood at the side wall, with broad windows above it, giving a lovely view of fertile fields, orchards and blue mountains in the distance. At either side were hung on hooks the kitchen utensils used at the sink.

Any or all of these ideas could be used to advantage in many a kitchen.

* * *

The Arrangement of Flowers

ALTOGETHER too little attention is paid by the average woman to receptacles for flowers.

Like the frame for a picture, or the correct dress for a gentlewoman, the vase for flowers should be merely the setting which shows off the blossoms to better advantage.

A quaint old brown jug, with its never-failing bunch of golden coreopsis, occupied a taborette on a large corner porch all of last summer and afforded the family and their friends perpetual enjoyment.

A unique, Japanese hanging basket, lined with zinc, held some riotous California poppies on the same porch.

Tall, old-fashioned, unglazed jars of brown pottery, resembling old-time churns, are a delight when filled with tall stalks of tiger or Japanese lilies, gladiolas, golden glow, daisies or wild asters.

A dark, odd-shaped jar of long-stemmed branching asters, of a royal purple hue, is a thing of beauty.

If we Americans could only take lessons of the Japanese, and not crowd our vases or mix our colors!

A pretty centre piece for a dinner table is a silver or earthen bowl of pale pink-fringed asters, resembling chrysanthemums.

A low flat dish, fringed with the foliage of the cosmos, Allegheny vine or skeleton geranium leaves, on which are arranged large, velvety pansies, is a delight for days.

Nasturtiums, running riot in all their glorious coloring, with an abundance of their own foliage, are never more beautiful than when carelessly arranged in a Japanese basket, which has an inner tin lining.

Sweet peas should never be separated from their own graceful vines and tendrils.

It is surprising to know how effective a large bunch of pale-tinted sweet peas, either in the pink or violet hues, are if mixed with a bunch of sweet violets.

An exquisite center piece on a dinner table was a triangular-shaped Japanese basket of rich brownish tones, overflowing with sweet peas and their own foliage.

A single, half-blown, pink rose, in a clear vase-shaped bottle, which once contained Italian olive oil, afforded more

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pleasure to a friend than a dozen roses would to the average person.

Frequent gifts of a few choice blossoms, wild or cultivated, sent to a convalescent, oftentimes carry with them more thoughtfulness and love, and give more genuine enjoyment than dozens of roses or other flowers.

Sprays of bitter sweet or the scarlet berries of the wild columbine are far more effective, as decorations, than hothouse flowers out of season.

An ingenious hostess seldom has difficulty in obtaining nature's own blossoms for decorative purposes. We have only to use our eyes, if we desire effective decorations. Dame Nature provides them most lavishly on every hand and throughout the seasons. C. M. A.

* * *

An Experience

IN these days, when all are trying to get the best of the high cost of living, an Alaskan experience comes to mind.

Our camp was a long distance from the base of supplies; our goods had to be packed in at great cost.

We were very fond of butter; it was expensive and my partner complained because I spread it so thickly. By accident I discovered it could be spread so thinly there was hardly a suspicion of butter used, and by eating the bread with the *butter side down*, it more quickly came in touch with the palate and tasted as if it were thickly spread.

Try it and be convinced, and also make a 70 per cent saving. W. A. S.

* * *

The Apple in Season and Out

MY family likes apple sauce, and all summer we keep a big bowl of it in the ice box. Last summer I decided to try to can some, and we have used it constantly all winter, and find it almost as good as the freshly-made sauce.

I made it just as usual by peeling and slicing the apples (keeping them in cold water until they are put on the stove), then cook them in a little water until they can be mashed quite smooth. Add enough sugar to sweeten, and as soon as it melts, turn into jars and seal.

After being filled, these can be put into the canner for twenty minutes, but it really isn't necessary, if the jars are properly sterilized.

I also canned baked apples by putting the baked apples into jars, covering with a thin syrup and sterilizing the jars for twenty minutes. These were very nice, but my apples were not firm enough to keep their shape well when taken out of the jar. Next year I will use a firmer kind of apple. This makes quite a difference in the fruit bill. A. G. S.

* * *

For Ants

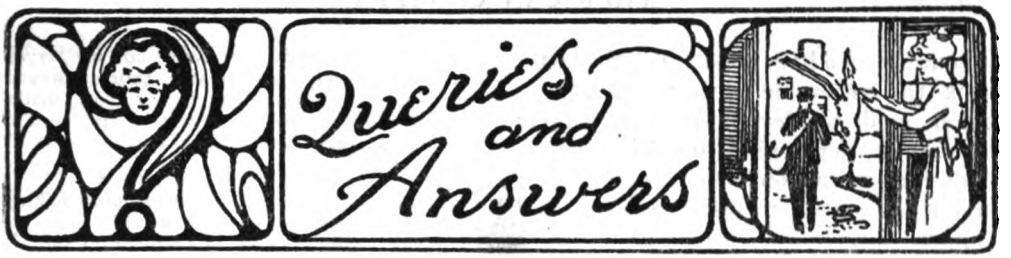
Mix one-quarter teaspoonful of rough on rats with tablespoonful of sugar. Divide into four saucers or small dishes, add water to dissolve. Place where ants frequent, one dish in a place. Keep a little water in dish. The ants do not eat the poison, but all will leave within half an hour. Be sure to keep dish of poison from reach of children or pets.

Flavors that Combine

A choice secret in preserving is the combination of the flavors. The boiling together of two fruits results in a fine marmalade of indescribable flavor. The fruits that blend best in marmalades and preserves are the following:

Apples and grapes.
White currants and gooseberries.
Apples and black currants.
Apples and quinces.
Rhubarb and currants.
Green gages and lemons.
Grapefruit and oranges.
Tangerines and oranges, also grapefruit.
Red currants and raspberries.
Raspberries and cherries.
Plums and apricots.
Oranges and rhubarb with strawberry juice. J. J. O'C.

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THIS department is for the benefit and free use of our subscribers. Questions relating to recipes and those pertaining to culinary science and domestic economics in general, will be cheerfully answered by the editor. Communications for this department must reach us before the first of the month preceding that in which the answers are expected to appear. In letters requesting answers by mail, please enclose address and stamped envelope. For menus, remit $1.00. Address queries to Janet M. Hill, Editor. AMERICAN COOKERY, 221 Columbus Ave., Boston, Mass.

QUERY No. 4048. — "Suggestions for dishes that may be made in a Colored School of Domestic Science in the South, where the supplies that are available are exceedingly limited. Salt pork, lard, dried peas and beans, grits, flour, molasses, are about all the articles in our store room."

Dishes for Southern School of Domestic Science

Salads of Beans, etc.

Make salads of cooked beans, using one or more varieties. You will need a little vegetable oil, but it should cost no more than lard. Flavor the salad with onion pulp or juice; to get this, cut the unpeeled onion in halves and holding one half between the thumb and two fingers of the left hand, with sharp knife scrape out enough of the pulp and juice to give a good flavor. Add chopped parsley, if you can get it. Cooked beets, chopped fine, might be used to garnish the dish.

Bean Timbales

Press the cooked beans through a sieve; to a cup of pulp add one egg, beaten light, salt and pepper; a tablespoonful of tomato catsup, and turn into tin or glass cups, or one large baking dish. Set on folds of paper in a dish of boiling water; let cook until firm in the center. A little tomato sauce would improve the hot dish at serving.

Salt Pork for Breakfast

Cut fat salt pork in thin slices; over it pour boiling water and let stand a few minutes. Dip each slice in flour and set to cook in a frying pan over a low fire. When delicately browned on one side, turn to brown the other side. Pour off part of the fat from the pan. For two tablespoonfuls left in the pan, add two tablespoonfuls of flour, and stir until smooth and blended; add one cup of milk and stir until boiling. Serve the sauce and pork with boiled mealy potatoes or rice.

Molded Dandelions or other Greens

Such "greens" as are indigenous to the section after being cooked tender might be molded in an earthen bowl, the bowl being first garnished with slices of a hard-cooked egg.

Muffins

Use one cup, each, of flour and grits or cornmeal, two tablespoonfuls of molasses, one-fourth a teaspoonful of soda, one-half a teaspoonful of salt, three and one-half teaspoonfuls of baking powder, about one cup of milk and two or three tablespoonfuls of melted lard in making muffins. These are at their best when baked in an iron muffin pan.

Molasses

Gingerbread, gingersnaps, baked Indian pudding, molasses candy popcorn balls, if popcorn is available, are some of the things that may be made with molasses. All of these recipes may be found in the files of the magazine.

Dry Peas and Beans

Peas and beans may be baked, also made into cream soup or a soup with the

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foundation of a ham bone. For the latter cook the vegetable with the bone, an onion, and parsley if possible; press through a sieve when tender, thicken, if desired, with flour smoothed in water or fat and season to taste with salt and pepper.

Eggs

Eggs are not mentioned in the list of foods given as available, but if they can be obtained, one might be cooked each day by a member of the class, to show the various processes of boiling, poaching, frying, shirring, scrambled, creamed, etc.

QUERY No. 4049. — "Please publish some ideas for Refreshments for Afternoon Parties."

Refreshments for Afternoon Parties

As a rule we think the refreshments, served after a hearty dinner at noon, or dinner at night, should be of a rather light character. Of course, there are exceptions to this rule, especially when the guests come from some distance and have had little or no lunch.

I
Peach, Pineapple-and-Strawberry Salad
(Whipped Cream Dressing)
Salad Rolls
Best Macaroons
Strawberry Sherbet

II
Bread-Mayonnaise-and-Cress Sandwiches
Olives Salted Almonds
Strawberry Ice Cream
Little Sponge Cakes

III
Creamed Chicken and Peas in
Swedish Timbale Cases or Ramekins
Olives Salted Peanuts
Sponge Jelly Roll Dessert
Coffee

IV
Lobster Salad
Bread-and-Mayonnaise Sandwiches
Pineapple Sherbet
Toasted Crackers or
Cheese Straws
Olives

V
Chicken Croquettes, Peas
Salad Rolls
Olives Salted Nuts (Assorted)
Rice Pudding Glacé with
Sugared Strawberries
Oatmeal Macaroons

QUERY No. 4050. — "Why do my layer cakes always bulge on one side, thus causing a very unsightly finished cake? My cake, made by the following receipt, is always light and a complete success, except for shape.

½ cup Crisco
1 egg-yolk
1 cup granulated sugar
1 cup sweet milk
2 cups flour
3 teaspoonfuls baking powder
½ teaspoonful salt
1 egg-white, beaten light

Cream Crisco; beat the egg-yolk very light, beat half the sugar into each, then beat the two together; add the milk alternately with the flour, sifted with the salt and baking powder, and, lastly, add the egg-white.

Cake Bulging on One Side

Since the cake is light and a complete success outside of the shape, it would seem that the trouble in shape must lie in the manner in which the batter is put into the pan. We find that after all the batter is in the pan a teaspoon is the best utensil with which to make it smooth and even on the top. The batter must be of the same thickness throughout the baking pan, if the baked cake is to be of uniform thickness throughout.

QUERY No. 4051. — "What is the comparative food value of one tablespoonful of cream, one tablespoonful of olive oil and one tablespoonful of butter?"

Food Value of Cream, Olive Oil and Butter

The food value of one tablespoonful of cream, 40 per cent cream, weight 14 grams, or half an ounce: Protein 0.3, fat 6.0, carbohydrates 0.5 (milk sugar); fuel value about 57.2 calories.

The food value of one tablespoonful butter, weight one-half ounce, or 14 grams, is 0.1 (gram) protein, 12.1 (grams) fat; fuel value, 109 calories

Food value of one tablespoonful pure olive oil, weight one-half ounce, or 15 grams: Protein 0, fat 15, carbohydrates 0, calories 135.

While the food value of olive oil is high, especially in comparison with that

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of cream, the cream contains some of the protective compounds so necessary to good nutrition, and it would be almost impossible to say which was the more valuable of the two. Butter has a much higher fuel value than cream, and probably a little larger proportion of the protective compounds.

QUERY No. 4052. — "Recipe for Beef Juice for infants with summer troubles."

Beef Juice

Have ready half a pound of chopped beef, make it into a flat mass, quite compact. Broil in a hot broiler until slightly browned. In using a meat-press or vegetable ricer, press out all the juice possible. For very strong broth season with salt and without dilution. For weaker broth serve with an equal measure of barley water or plain boiling water.

QUERY No. 4053. — "Repeat the recipes for Caramel Parfait, Chocolate Ice Cream, Pineapple Parfait, and Pineapple Ice Cream."

Caramel Parfait

½ cup sugar
½ cup boiling water
2 egg-yolks
¼ cup sugar
¼ teaspoonful salt
1 cup double cream
1 cup cream from top of jar from milk bottle

Cook the half-cup of sugar to caramel; add the boiling water and stir, and let cook until the caramel is dissolved and thickened slightly. Beat the egg-yolks (three are better than two); add the sugar and salt and beat again, then gradually pour on the caramel syrup while stirring in a double boiler until the mixture thickens, then let chill. Beat the cream until it is quite firm throughout. Have a quart mold lined with paper throughout and thoroughly chilled in salt and ice. Fold the whipped cream and the caramel syrup together, and turn into the prepared mold to fill it to overflow. Cover the cream with parafine paper, and press the tin cover down over it on all sides. Pack in equal measures of salt and crushed ice. Let stand about three hours. When unmolded sprinkle with blanched almonds, sliced and browned in the oven.

Pineapple Parfait

Cook one cup of grated pineapple with one cup of sugar five or six minutes; add the juice of half a lemon and let cool. Fold together one cup of double cream and half a cup of cream from the top of the milk bottle, beaten very light, and the chilled pineapple. Turn into a chilled quart mold, filling it to overflow. Let stand packed about three hours. By pouring the hot pineapple on the well-beaten whites of one or two eggs, and using the juice of a whole lemon, a larger quantity of parfait results.

Pineapple Ice Cream

Mix a can of grated pineapple, three-fourths a cup of sugar and the juice of a lemon, and turn into the can of the freezer, packed for freezing; add three cups of thin cream and freeze as usual. Some prefer to boil the pineapple with two cups of water fifteen minutes; add the sugar and let cook five minutes, then cool; add the lemon juice and freeze, also if preferred strain the whole through a cheese cloth just before freezing.

Chocolate Ice Cream

Scald one quart of milk over boiling water; beat the yolks of six eggs; add two cups and one-half of sugar and a teaspoonful of salt and beat again; then gradually pour on the hot milk and return the whole to the double boiler with two or more squares of melted chocolate as is desired. Beat until smooth, then when cold add two teaspoonfuls of vanilla, and one quart of cream and freeze. In hot weather add the cream with the chocolate and let stand over boiling water until hot throughout.

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QUERY No. 4054. — "Regarding gassy taste in eggs put up in Waterglass."

Gassy Taste in Waterglass Eggs

Possibly the gassy taste in waterglass eggs may be traced to the spray used in nests by the ranchers to get rid of vermin.

QUERY No. 4055. — "Recipe for Light Bran Muffins."

Sift together one cup of whole wheat flour, half a cup of white flour, one-half a cup of bran, half a teaspoonful of salt, and one-fourth a cup of sugar; turn all clean material left in the sieve into the rest of the ingredients. Beat one egg; add a cup of sweet milk and three tablespoonfuls of melted shortening, also add three or four tablespoonfuls of milk to the shortening cup, and when hot add that also to the dry ingredients. Mix thoroughly and bake in a hot, well-greased iron muffin pan about twenty-five minutes.

Bran Muffins

2 cups bran
1 cup flour
1 teaspoonful soda
½ teaspoonful salt
2 eggs, beaten light
1-3 cup molasses
1 cup milk
2 tablespoonfuls shortening

Crush the soda, sift with the salt and flour into the bran, add the liquid ingredients, and mix thoroughly. Bake in a hot, well-greased, iron muffin pan about twenty-five minutes.

QUERY No. 4055. — "With what Frosting could small cakes be decorated for a Rainbow Luncheon?"

Cake Frostings for Rainbow Luncheon

Very dark chocolate frosting, light chocolate frosting, caramel frosting, chocolate butter frosting, pistachio frosting, raspberry juice frosting, orange frosting, caramel frosting, lemon frosting; the frostings should all be delicate in color.

QUERY No. 4056. — "Recipe for Spanish Cream. Can the cream be served with Sugared Strawberries?"

Spanish Cream

1 tablespoonful granulated gelatine
¼ cup cold water
½ cup scalded milk
2 cups milk
Yolks 2 eggs
1-3 cup granulated sugar
¼ teaspoonful salt
3 egg-whites, beaten light

Soften the gelatine in the cold water, and dissolve in the hot milk. Scald the two cups of milk in the double boiler; beat the two yolks, add the sugar and salt and beat again; gradually add the hot milk from the boiler; mix and return to the boiler, and stir and cook until thickened slightly, add the gelatine and the extract, then fold in the well-beaten whites. Turn at once into a mold and the cream will settle in three layers; serve with sugared strawberries or sugar and cream.

QUERY No. 4057. — "What may be added to Cookies and Gingercakes to keep them from drying out?"

To Keep Cookies Moist

Water is present in milk and eggs, which enter into the composition of all sorts of cakes; and water quickly evaporates; fat contains little or no water to evaporate, thus to secure cakes that will keep moist, cut down the quantity of milk and eggs, somewhat, and increase the quantity of fats.

QUERY No. 4058. — "Recipe for Noodles to serve in soup for a Diabetic."

Gum Gluten Noodles (Pattee)

Beat one egg very light; add one-fourth a teaspoonful of salt, one tablespoonful of milk and sift in five ounces (4¼ cups) of gum gluten flour; mix to a smooth dough, knead until elastic, and roll into a very thin sheet. Let stand uncovered to dry on the outside; roll into a loose roll, and cut off in quarter-inch slices; let dry overnight. Cook as macaroni in boiling salted water. Add to soup when ready to serve. To serve as a vegetable, rinse in a colander in hot,

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then in cold water; sprinkle with bits of butter in a hot serving dish, and when ready to serve sprinkle on half a cup of bread crumbs, browned lightly, in melted butter.

Query No. 4059. — "Recipe for Butter Scotch Pie."

Butter Scotch Pie

(Fannie Farmer)

Roll paste to one-fourth inch in thickness, cut three circles, nine inches in diameter, prick all over with a fork, place on a tin sheet and bake in a hot oven. Put between layers Butter Scotch Filling and cover top with meringue.

Butter Scotch Filling

Cream four tablespoonfuls of butter and add, gradually, six tablespoonfuls of flour; then add three-fourths a cup of brown sugar, mixed with two eggs, slightly beaten, and one-half a teaspoonful of salt. Scald two cups of milk; add three teaspoonfuls of caramel syrup, and add gradually to mixture. Return to double boiler and cook fifteen minutes, stirring constantly until mixture thickens, and afterwards, occasionally. Caramel syrup is made by caramelizing one-half a cup of sugar, adding one-third a cup of boiling water, and letting boil till a thick syrup is formed.

Meringue

Beat whites of three eggs very light, and add gradually, while beating constantly, three tablespoonfuls of brown sugar and a few grains of salt, then cut and fold in two tablespoonfuls of granulated sugar.

Query No. 4060. — "Menus for Sunday-Night Suppers."

Sunday-Night Suppers

I

Asparagus Omelet
Baking Powder Biscuit, Toasted
Strawberries
Cookies
Tea

II

Salmon-and-Green Pea Salad
Quick Yeast Rolls
Best Macaroons
Half Cups Coffee

III

Sliced Hard-Cooked Eggs, Creamed with Asparagus Tips
Chinese Lettuce, French Dressing
Rye Yeast Biscuit
Cocoa

Some Uses of Canned Goods

Concluded from page 738

Some Uses for Fruits and Jellies

Of course it is unnecessary to say that canned and glassed fruits should always be kept in a cool place. They are always good in an emergency. Expediency should be tacked onto this class of canned foods with a red sign; and yet what housekeeper can afford to be without them? She is late for dinner, has no time to make a dessert, she opens a glass of luscious apricots, whole syrupy California peaches. What could be nicer, provided they are chilled to just the right temperature?

Every housekeeper knows the value of a jar of jelly. But how many housekeepers know that one jar of jelly can make two or even three moulds? The metamorphosis can be attained with just a little ingenuity and time. For instance, take a bottle of lemon jelly. Pour it into two basins. Color one mould with harmless cochineal. Change its flavor with essences, vanilla or almond or mint. Presto! Two jellies are sent to the table, each essentially different.

Apricot jam is generally considered to be the king of jams. And if you ever ate it in omelet, you would vote it the ambrosia of the gods. At least, you would if the omelet is made carefully, for I know of no article of food that is more often spoiled than the omelet. But before you fold in your beaten whites of egg be sure that your jam has been in the oven or somewhere where it has been getting hot. Cold jam and warm omelet is apt to spoil both.

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A well-worn phrase! But when translated into its true meaning—"Better Living!"—its interest always remains fresh and vital. For the struggle toward a higher standard of living concerns everybody.

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The Silver Lining

Cookery Versus Poetry

I sought to lure my lover's heart
  By writing pretty verses;
I thought to use such wiles and art,
  As long ago were Circe's.

My love, he nodded while I read
  The rhymes I called a sonnet.
"It's very nice, my dear," he said,
  When asked his judgment on it.

It stirred his ardor not at all;
  Alas! my toil was wasted.
I cast aside the Muses' thrall;
  With joy to kitchen hasted.

I saw I had no time to spare
  In writing high-brow ballads;
A cooking manual now my care,
  My compositions, salads.

I baked a cake with spice and sweet,
  As light as angels' kisses.
My love, he ate and, at my feet,
  Asked me to be his *Mrs.*

— (*Miss*) *Ellen M. Ramsay.*

A Reasonable Request

A young matron in Westchester County was complaining to her dairyman about the quality of the milk.

"Short of grass feed, ma'am, short of grass feed at this time of year," replied the dairyman, jocularly. "Bless your soul, ma'am, them cows of mine are just as sorry about it as I am. I often stands and watches them cryin', regular cryin', ma'am, because they feels that their milk don't do them credit. You don't believe it?"

"I can easily credit your statement," said the young woman, "but in future I wish you'd see that the cows don't drop their tears into *my* can." — *Exchange.*

A Scottish preacher, trying to explain to an old lady the meaning of the Scriptural expression, "Take up thy bed and walk," informed her that the bed was simply a mat or rug easily carried away. "Na, na," was her reply, "I canna believe that. The bed was a regular four-poster. There would be no miracle in walking away wi' a bit o' mat or rug on your back." — *London Tit-Bits.*

The day of churches "beyond denominations" is here, and we give herewith another example of pressing on the good work: The mayor of a far inland town was about to engage a preacher for the new church. "Parson, ye aren't by any chance a Baptist, be ye?" "No, not necessarily. Why?" "Wal, I was just a-goin' to say we have to haul our water twelve miles."

"How much did the assessor tax you on your automobile?" "Nothing. When I took him out in the garage and showed him the car, he took out his pocketbook and gave me ten dollars."

"We here at home, who perceived none of the actual horrors of war" — "Hold on until you see the new income tax blanks." — *Baltimore American.*

The teacher was trying to give her pupils an illustration of the word "perseverance." "What is it," she asked, "that carries a man along rough roads and smooth roads, up hill and down, through the jungles of doubt and through the swamps of despair?" There was a silence, and then Johnny spoke up.

"Please, ma'am," he said, "I know. A Ford." — *The Continent.*

No Place for Craps at the Pearly Gates

Lieut. Leon Cadore, Brooklyn base ball club pitcher, who was with the negro fighters of New York's old 15th regiment in France, told this story when he arrived home, recently:

"One day a German high explosive shell hit French soil about ten feet from a six-foot negro private, but proved to be a dud. The negro, waiting and expecting the shell to explode, reached into his

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"Second Helps"

A friend writes that all her family enjoys ***Wheatena*** and the children, like Oliver Twist, always call for "more."

You'll Like *Wheatena*

That toasty, nut-like flavor is irresistible. Until you try ***Wheatena*** you will never know that surprisingly delicious savor of the pure heart of the wheat.

Wheatena has stood the test of time. For forty years wise mothers have watched their families thrive on the nourishment of this unique cereal food. Because it contains in natural proportions all the elements necessary to build strong bodies. ***Wheatena*** is easily digested and "stays by you."

For an appetizing breakfast treat put a handful of seeded raisins into the ***Wheatena*** while it is boiling. Stir in the raisins and serve as a cereal. The heat of the ***Wheatena*** draws out the sweet flavor of the raisins, making a dish that is a pleasing variation of the breakfast menu.

A warm weather luncheon or supper suggestion is **Fried *Wheatena.*** Cook according to directions for Breakfast Cereal on package, or use what remains from breakfast. Pack solidly in a one-pound baking powder can; cover and put in ice box or cold place to thoroughly chill. Remove from can, cut in thin slices, roll in flour and cook slowly in frying pan until crisp and brown, using enough fat to prevent burning.



Cook *Wheatena* exactly according to directions.

There are many different ways of serving ***Wheatena.*** Try it in thickening soups and gravies, for breading fish and meats, in puddings and fruit desserts. Dainty cold dishes can be prepared for warm weather that satisfy the most exacting tastes.

The Wheatena Company,
Wheatenaville,
Rahway, New Jersey.

Wheatena "Tastes Good."

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pocket, drew forth a pair of dice, threw them on the ground and exclaimed:

" 'After this, Ah leads a different life.' "

Straw for the Cow

A poor but thrifty Scotswoman, of whom we read in *Everybody's*, had been promised a gift of a new bonnet by a wealthy summer resident.

One morning, as the woman was about to motor to the city for some shopping, she stopped at the home of the Scotswoman and asked: "Would you rather have a felt or a straw hat, Mrs. MacVean?"

"Weel," said Mrs. MacVean, "I think I'll tak' a straw one, if you please, ma'am. It'll maybe make a good mouthful to the cow when I'm done wi' it!"

A Pertinent Question

A large cafeteria connected with a middle-western university has its kitchen in such close proximity to the dining-room that the clatter of the dishes becomes at times quite deafening.

Father had taken tiny Robert with him for lunch. After listening to the clash and clatter of the carelessly handled crockery, Robert asked:

"Father, don't they *want* the dishes any longer?" — *Harper's Monthly.*

Couldn't Be Otherwise

"Are you of the opinion, James," asked a slim-looking man of his companion, "that Dr. Smith's medicine does any good?"

"Not unless you follow the directions."

"What are the directions?"

"Keep the bottle tightly corked."

This is Made in Boston

"So this is your famous Beacon Street?" said Major X. as he strolled with his friend along past the State House. "Frankly, I'm surprised. I had always heard that it was a very exclusive street, you know."

"Well, so it is," said the other man.

"Eh! old chap, how can you say so? Why, it positively verges on the Common." — *Boston Transcript.*

A young society woman called one morning to see a bosom friend. "No, ma'am, Miss Alice is not in," the maid informed her. "She has gone to the class." "Why, what class?" inquired the caller in surprise. "Well, ma'am," explained the maid, "you know Miss Alice is getting married soon, so she's taking a course of lessons in domestic silence." — *Life.*

Benjamin Franklin gave this advice to a young man: "Keep an exact account for some time, both of your expenses and your income. If you take the pains at first to mention particulars, it will have this good effect; you will discover how wonderfully small trifling expenses mount up to large sums, and will discern what might have been and may for the future be saved, without occasioning any great inconvenience."



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A Dish A Day



For a Month—15c

One-Tenth the Cost of Meat

Nature's supreme food, both in flavor and nutrition, is the oat.

A pound of Quaker Oats supplies 1,810 calories of energy. A pound of round steak only 890.

Thirty big dishes of Quaker Oats are served for 15 cents. That's a dish a day for a month. Note how little that 15 cents will buy in other necessary foods at this writing:

What 15c Buys—In Calories

In Quaker Oats . .	3000 Cal.	In Veal Cutlets . .	275 Cal.
In Round Steak . .	440 "	In Dried Beef . . .	215 "
In Fish About . .	250 "	In Squash	200

Measure your foods by energy value — by calories. You will find that each dollar spent for Quaker Oats buys as much as $10 in meats.

You will find that Quaker Oats, in calory value, are six times as rich as potatoes.

You will find that Quaker Oats breakfast will immensely reduce your food cost.

And they will supply you the greatest food that grows. The oat is almost the ideal food.

As a vim-food and a food for growth it has an age-old fame.

Yet the best oat food that was ever served costs only one-half cent per dish.

Quaker Oats

With Exquisite Flavor

Prices Reduced to 12c and 30c a Package

Except in the Far West and South

Packed in Sealed Round Packages with Removable Cover

(3051)

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Potato Flour

Major S. C. Prescott, chief of the dehydration bureau, chemistry division, United States Department of Agriculture, in an address before the Potato Association of America at Milwaukee, pictured marvelous possibilities in the way of dehydration of vegetables and the manufacture of potato flour.

He said:

"Manufacture of potato flour is an infant industry in this country. There are only two mills in operation — at Idaho Falls, Idaho, and Canton, Pa. Other mills will be in operation in a few weeks.

"I expect to see potato flour mills spring up in every potato-growing district. They will furnish new home markets for the farmers, save them the expense of long shipments and enable them to make a fine profit."

A friend of mine has one of the most up-to-date little Tea Houses imaginable; it is located on a well traveled boulevard, far from the city stores. She is very original and displays her wares in a new and decidedly clever way. Her lovely, cheerful, rooms give not the faintest suggestion of a shop.

She employs her service wagons (tea-wagons) to take the place of counters. Large, glass-covered trays were made to fit the wagons, similar to the original trays, but from two to three inches deep to suit contents. Under the glass she displays her choice candies, French pastry, cigars and cigarettes and any novelty or specialty she may have. The trays are easily handled.

The meal is served from the wagon which is left standing at side of table. The inviting contents of the tray so close at hand materially increases the sales and adds novelty to her establishment.— G. R. B.



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For Chafing Dish Successes—*Use*

STICKNEY & POOR'S

Pure Mustards and Spices

They are always reliable, full strength and fine flavored, thereby adding zest and relish to your cooking. More economical too, because less Stickney & Poor's Mustard and Spices are required in seasoning than when other less reliable condiments are used. For your own satisfaction, be sure to say Stickney & Poor's when you order Mustards and Spices at your grocers.

Your co-operating servant,
MUSTARDPOT.

STICKNEY & POOR SPICE COMPANY

1815—Century Old—Century Honored—1919

Mustard-Spices BOSTON, MASS. Seasonings-Flavorings

THE NATIONAL MUSTARD POT

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UNCLE JOHN'S SYRUP

MAKES FINE FROSTINGS

Good frosting is the making of every cake and the real maple flavor of Uncle John's Syrup is the making of every frosting. Try this recipe for

UNCLE JOHN'S FROSTING

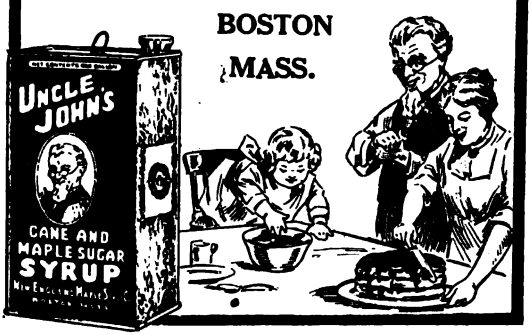
Put ¾ cup of Uncle John's Syrup and white of 1 egg into top of double boiler. Set over boiling water and beat briskly with Dover egg beater while cooking (about 8 minutes). Remove from fire, beat two or three minutes and spread over cake.

You'll like Uncle John's Syrup on hot biscuits, batter cakes, steamed bread and waffles. Fine on ice cream and grape fruit. Try a can now.

Put up in 4 convenient sizes

New England Maple Syrup Co.

BOSTON MASS.





Fleischmann's Yeast

As a Medicine

Compressed yeast is being prescribed and used with splendid results in cases of boils, carbuncles, pimples and similar skin afflictions.

It is also a gentle but efficient laxative.

"The Healing Power of Compressed Yeast," is the title of a little booklet that will tell you all about it.

Free on request.

The Fleischmann Company

701 Washington St., New York City

SEVEN-CENT MEALS $1.50 per week per person: 42 meals with recipes and directions for preparing each. This 48 pp. Bulletin sent for 10c or *free* for names of four friends interested in Domestic Science.

Am. School Home Economics, 503 W. 69th St., Chicago

Servant Problem Disturbs England

England is facing an after-the-war servant problem that is much more exacting than any that disturbs the United States, where conditions have been gradually reaching a point at which the cook and housemaid, who performed indefinite tasks during unlimited hours, fortunately are becoming extinct types of workers.

In London domestic service is now organized and the eight-hour day has been decreed, much to the discomfort of householders. Girls who have had three or four years' experience as employees in munition plants are slow to return to their old labors, for they have learned the meaning of specialized tasks and exact hours. According to reports received by the United States Department of Labor, the owners of fine residences, many of which have been occupied for war needs, find it more difficult to procure women than to obtain men for domestic service. It is demonstrated that butlers and footmen who have been through the war are glad to return to the old routine, while the maids who have known the delights of independence resist the "living-in" system which limits their freedom.

The standardization of housework is one of the next steps in industrial progress, economists who have studied the problem declare. It is not many years since nursing was as casual and as untrained an occupation as maid service is today, and it is prophesied that at a time not far off the skilled worker who can cook scientifically or care for rooms and wait on table will have regular hours and will command wages adequate to enable her to live independently.

TANGLEFOOT



The Non-Poisonous Fly Destroyer

The U. S. Dept. of Agriculture says in the bulletin: "Special pains should be taken to prevent children from drinking poisoned baits and poisoned flies dropping into foods or drinks."

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CHOCOLATE CAKE

All level measurements

Cream one-half cupful butter, add gradually one and one-half cupfuls fine granulated sugar. Sift three cupfuls Swans Down Cake Flour once, then measure and add four teaspoonfuls baking powder, sifting four times. Add flour and one cupful milk, alternately, to first mixture; add one-fourth teaspoonful almond extract and one-half teaspoonful vanilla extract, and beat the batter hard. Fold in the whites of four eggs, which have been beaten stiff.

CHOCOLATE FUDGE FROSTING

Mix together one cupful granulated sugar, one cupful light brown sugar, one cupful milk and five teaspoonfuls cocoa or two squares bitter chocolate. Let this boil until it forms a soft ball in cold water. Before removing from the stove, add one tablespoonful butter and one teaspoonful vanilla. Beat until the right consistency to spread.

Avoid Cake Failures by Using

SWANS DOWN

Prepared. (Not Self-Rising)

CAKE FLOUR

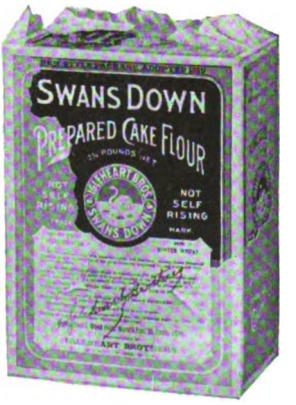
Preferred by Housewives for 23 years

A special flour is required to make the best cake. The well-known and reliable Swans Down Cake Flour has been the choice of cake experts and housewives for twenty-three years.

Swans Down is especially prepared for cake baking and makes lighter, whiter, finer cakes.

The amount of Swans Down used in a cake costs but a few cents, yet it has more to do with the success of the cake than any other ingredient, because flour is the foundation of every cake.

Ask your best neighborhood grocers. If he cannot supply you write us.



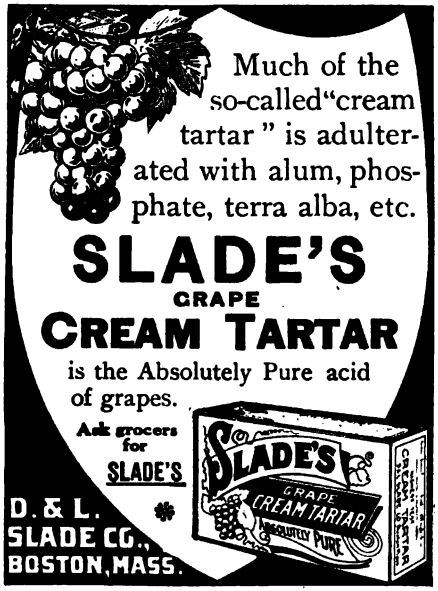
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IGLEHEART BROTHERS

Established 1856

EVANSVILLE, - - - INDIANA

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CREMO-VESCO

Whips Thin Cream or Half Heavy Cream and Milk or Top of the Milk Bottle

It whips up as easily as heavy cream and retains its stiffness

Every caterer and housekeeper wants CREMO-VESCO.

Send for a bottle today.

Housekeeper's size, 1½oz., .30 prepaid
Caterer's size, 16oz., $1.00 "
(With full directions.)

CREMO-VESCO COMPANY
631 EAST 23rd ST., BROOKLYN, N. Y.

The Man Who Saves

What does it make for him:

He erects a bulwark against sickness or adversity.

He builds a bridge to the better job.

He sets up a ladder to climb in the world.

He takes in hand a tool to grasp opportunity.

He gains control over money and things.

He trains himself for growing responsibility.

The Man Who Saves

What is it to the community:

His thrift enriches the funds by which all industry is carried on.

His thrift makes him a stay against bad times or stoppage of industry.

His thrift makes him a steadying force among his fellows.

His thrift ripens his judgment and seasons his wisdom for the general welfare.

His thrift qualifies him for the ranks of those who conduct public affairs.

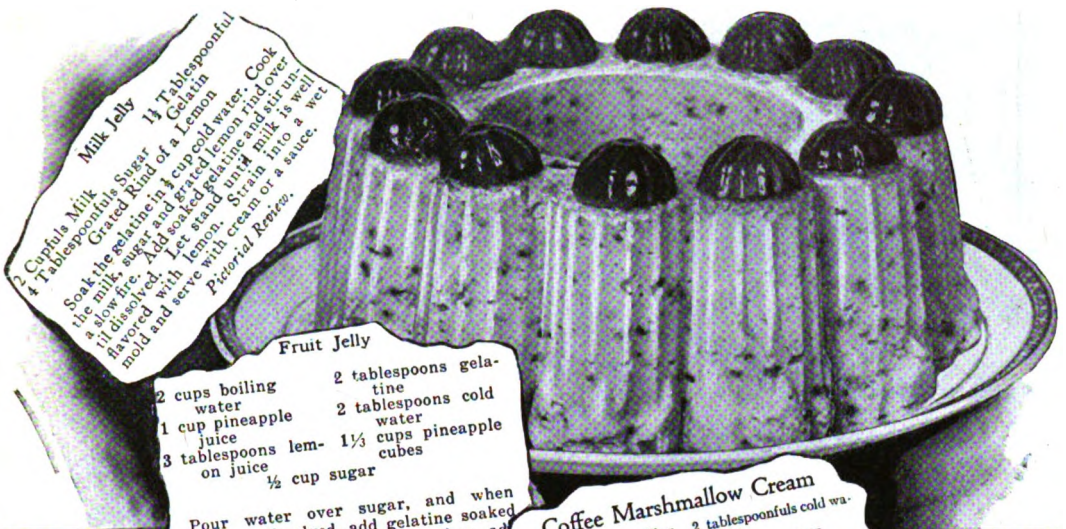
His thrift enlarges the means for making this a better world.

Model House As Campaign Aid

An experiment made by an Ohio city proves what an effect a model house may have on a local "Own-Your-Own-Home" campaign. The real estate board of the city selected a most attractive plan. This was quite out of the ordinary, in colonial style, the entrance being at the side through a portico, while the wide porch extended across one end, the outside chimney going up through it and affording an opportunity for an outside, as well as an inside fireplace.

Most of the contractors and material men worked at cost. A number of builders and merchants made substantial donations. When the house was finished $400 were spent in advertising, and one afternoon 5,000 persons went through the house, while as many more stopped to admire it from the outside. It was sold at a reasonable price, but

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Milk Jelly

2 Cupfuls Milk — 1½ Tablespoonful Gelatin
4 Tablespoonfuls Sugar
Grated Rind of a Lemon

Soak the gelatine in ¼ cupful cold water. Cook the milk, sugar and grated lemon rind over a slow fire. Add soaked gelatine and stir until dissolved. Let stand until milk is well flavored with lemon. Strain into a wet mold and serve with cream or a sauce.

Pictorial Review.

Fruit Jelly

2 cups boiling water
1 cup pineapple juice
3 tablespoons lemon juice
2 tablespoons gelatine
2 tablespoons cold water
1⅓ cups pineapple cubes
½ cup sugar

Pour water over sugar, and when sugar has dissolved, add gelatine soaked in cold water five minutes; then add juice drained from canned pineapple and lemon juice and strain. When mixture begins to thicken, add canned pineapple cut in one-half-inch cubes. Turn into a mold, first dipped in cold water, and chill thoroughly. Garnish with pineapple cubes. Any home-canned fruit may be used in place of the pineapple.

Woman's Home Companion

Coffee Marshmallow Cream

2 cupfuls strong boiling coffee
2 tablespoonfuls gelatine (granulated)
2 tablespoonfuls cold water
¼ cupful corn syrup
1 cupful condensed milk
½ teaspoonful vanilla

Soak gelatine in cold water until soft. Add coffee and stir until dissolved. Add other ingredients. Chill. One-quarter cup of marshmallows may be cut and added just before chilling.

Woman's World

Grape-Juice—Ginger-Ale Jelly

HEAT one pint of grape-juice with two tablespoonfuls of sugar. When hot, pour over two tablespoonfuls granulated gelatin which has been previously soaked in a little cold water. Add one pint of ginger ale. Cool and stand in ice until ready to serve.—H. W. C., Rhode Island

Delineator

Mrs. Knox Says—

"Whenever a recipe calls for gelatine, it means *Knox Sparkling Gelatine.*"

Read the recipes in all the leading publications and note the ever-increasing call for "gelatine." Its use is unlimited.

KNOX
SPARKLING
GELATINE

Of course, you must have the *true* gelatine and that means *Knox*—the "4 to 1" gelatine, which goes so far it represents the very essence of economy. One fourth of a package will make a dessert or salad ample for six people. The Knox Knowledge Books—"Dainty Desserts" and "Food Economy"—should be in every home. They are Free, if you give your grocer's name and address.

Plain for general use—easily prepared.

Including pure lemon flavor for quick use.





***Raspberry Napoleon Recipe** (Illustrated above)*

Soak half an envelope of Knox's Sparkling Gelatine in half a cupful of cold water till soft: chill and whip two cupfuls of cream and put on ice. Heat one cupful of milk, one cupful of raspberry juice and pulp and half a cupful of orange juice in a double boiler; stir constantly, add the soaked gelatine, cool on ice; when it begins to harden whip till light, add the whipped cream and pour into mold. When ready to serve, turn out of mold and decorate the top with plain raspberry gelatine, molded into small molds.

This recipe makes over a pint mold or seven to eight individual servings and uses only one-quarter of a box of Knox Sparkling Gelatine.

KNOX GELATINE
Mrs. Charles B. Knox
107 Knox Avenue — Johnstown, N. Y.

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SERVICE TABLE WAGON



Large Broad Wide Table Top—Removable Glass Service Tray—Double Drawer —Double Handles—Large Deep Undershelves—"Scientifically Silent" Rubber Tired Swivel Wheels. A high grade piece of furniture surpassing anything yet attempted for *general utility*, ease of action and absolute noiselessness. WRITE for Descriptive Pamphlet and Dealer's Name.

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Food, health, housekeeping, clothing, children

For Homemakers and Mothers; professional courses for Teachers, Dietitians, Institution Managers, Demonstrators, Nurses, "Graduate Housekeepers," Caterers, etc.

"THE PROFESSION OF HOME-MAKING." 100 page handbook, *free*. BULLETINS: "Free-hand Cooking," "Food Values," "Seven-Cent Meals," "Family Finance."—*10 cents each.*

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Send two new yearly subscriptions at $1.50 each and we will renew your own subscription for a year.

AMERICAN COOKERY

Delicious Whipped Cream

can be easily made from ordinary Table Cream by adding a few drops of

Farrand's Cream Whip

Send us 30c for full ounce bottle if your grocer does not carry it.

Liberal samples free to instructors in Domestic Science.

THE CREAM WHIP CO.
Cleveland, Ohio

True Economy calls for
Colburn's Spices
"A" Red Label Brand
The A. Colburn Co., Philadelphia, U.S.A.

at a profit, and, as a result of the demonstration in home building, many persons were interested to the point of taking steps to own their own homes.

This model-house idea is suggested as a first-rate method of centering interest in a local campaign, for it affords a means of showing exactly what construction at present-day prices of material and labor costs in a special place, and the house, inevitably much advertised, is readily sold.

Public Health in Schools

More attention should be given to health subjects in our public school curriculum. At present, physiology is studied by our children, and, so far as it goes, is to be commended; but it does not go far enough. A course in public health should be added.

Whatever the object of education is, this much is sure: It is all lost if the individual loses his or her health. All training, — technical, professional, manual, domestic science, or what not, — evidently is for the purpose of enabling the individual to be able to provide for himself shelter, clothing, food, and happiness. Of what avail, however, is this training, this laboriously acquired education, if the individual is not in good health?

It has been carefully estimated that with the knowledge we now have, the average life should be lengthened fifteen years. Is it not time to disseminate this knowledge, so that it may be applied, thereby preventing unnecessary suffering and death?"

— *Washington State Board of Health.*

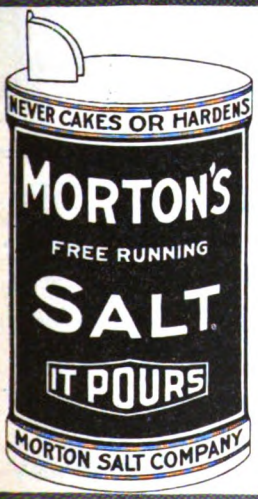
Gluttony — The Unpardonable Sin

The sin of gluttony is common, and, therefore, much condoned, but like every other violation of Nature's laws it has a penalty. Fat inefficiency, sluggish mentality, the reddened nose, the pimpled face, certain of the chronic skin eruptions, and much fatigue and nervousness are

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MORTON'S SALT





And
It's Real Salt

Morton's is *real salt*, full strength: that's why it seasons so surely.

No irregular flakes, no dust, no powder: that's why it pours.

One of the "big little things" every woman can afford

MORTON SALT COMPANY
80 E. Jackson Blvd., Chicago



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"SLOW OVEN— Yes, but how slow?"

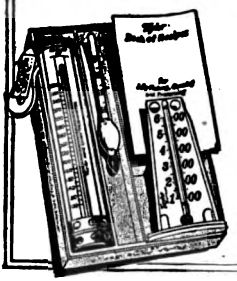
520

It's not surprising that you are often puzzled by these directions. "Bake in 'slow'—'moderate'—or 'hot' oven." They usually mean something different in every recipe.

No modern housewife need ever guess at the oven's heat—or rely on the straw or the "looks" or experience to tell you when done. *You* have the

Taylor HOME SET

The Oven Thermometer ($1.75) tells you the *exact* temperature of your oven in baking. The Candy Thermometer ($1.50) tells you the *exact* temperature of your preserves, jellies and candies in boiling. The Sugar Meter ($1.00) tells you the *exact* thickness of your syrups.



Write for the three Taylor Recipe Books. Recipes you can make perfectly the first and *every time*. No waste of food or fuel!

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If your dealer can't supply the Taylor Home Set or will not order for you, mail $4.25 (price of complete set) direct to us with dealer's name and it will be sent you prepaid.

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The A B C of Safe Home Canning and Preserving

MARY B. HUGHES

EVERYWOMAN'S CANNING BOOK is Reliable, Practical, Inexpensive. It tells just what is necessary to obtain right results. All unnecessary technicalities have been eliminated.

"The cold-pack method, now so widely encouraged, is fully explained, step by step, so that the conscientious worker cannot fail in her canning; equipment is carefully considered; the innumerable little problems that perplex the novice are here cleared up in advance, and advice is also given on how best to prepare and serve the canned product for the table. The specific directions include canning of vegetables, soup mixtures, meat and fish, fruits; cold water method for preserving fruits; jelly making; preserving of fruit juices; pickling; and drying of vegetables." — *Book Review Digest.*

Cloth, $0.75 net; postage extra

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Whitcomb & Barrows, *Publishers*

Boston, Massachusetts

due to the abuse of the digestive apparatus. Rich, indigestible foods in large quantities, highly seasoned to stimulate the jaded palate, are forced into a body already rebellious from repletion. Exercise is largely limited to walking to and from the table, and bodily deterioration proceeds rapidly. Many an overfed dyspeptic, suddenly dragged by the stern hand of circumstances from a life of physical ease and plenty and forced to work out of doors, suddenly finds that his semi-invalidism has gone, that a chronic skin derangement of many years' standing, has disappeared, and that new vigor and zest of life have been given him.

Not every one can spend his whole time in the open air, but a certain amount of exercise and plain, wholesome food, in an amount not exceeding the body's needs, can be had by almost every one. Simple, moderate diet and exercise make for health. These are not faddish food theories; they are just plain, common sense. — *Los Angeles Health Department.*

Domestic Service Problem Solved!

For 12c postage we will lend you our new 544 pp. book, ***Household Engineering***, by Mrs. Christine Frederick, showing how to solve this and all other home problems. Return in 5 days or keep it and pay $2.00. Fair enough?

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WHITE MOUNTAIN REFRIGERATORS

"The Chest With the Chill in it"

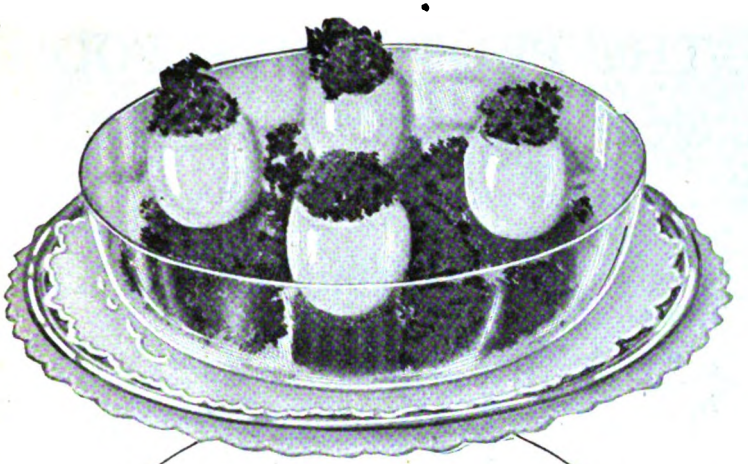
When selecting your refrigerator have your dealer demonstrate the superiority of the "WHITE MOUNTAIN." Perfect in principle and design, and scientific in construction.

"IN OVER A MILLION HOMES"

Sold in every city and important town in the United States. Send for handsome catalogs and booklets.

MAINE MANUFACTURING COMPANY
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Minute Egg Entree

Cook in double boiler two heaping tablespoonfuls of Minute Tapioca in one and a half cups of water until clear, remove from fire and stir in two tablespoonfuls of tomato catsup. Cut a small slice from each end of four hard-boiled eggs, and cut across in halves; remove the yolks and put them in a bowl rubbed with garlic; season with salt, paprika, and a teaspoonful of onion juice; add the cooked tapioca, mix well and stuff the whites. Sprinkle thickly with grated cheese, paprika and minced parsley. Serve on rounds of fried bread garnished with watercress.

A Spring Suggestion

MINUTE Egg Entree is a delightful dish to serve for luncheon just at this season. It has the very look and flavor of Spring. It will also prove a welcome addition to your receipts for it has the delicate taste and nutritive value of your other Minute Tapioca favorites.

Minute Tapioca is the tried and true friend of the busy housewife. It is always ready for use,

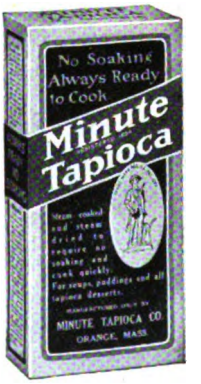
Minute Tapioca

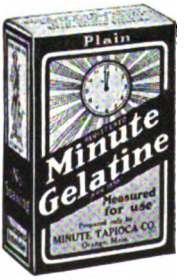
and may be thoroughly cooked in fifteen minutes. Good for grown-ups and children, too. It can be used in such a variety of ways that they never tire of it. Try it in your soups and gravies, as well as in entrees, salads and desserts.

Remember that Minute Tapioca is made from genuine tapioca flour. Identify it by the familiar red and blue band and the Minute Man.

Send for the new Minute Cook Book, which contains many unusual receipts for Minute Tapioca and Minute Gelatine.

MINUTE TAPIOCA COMPANY
105 East Main Street, Orange, Mass.





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NESNAH—THE PROTECTIVE FOOD

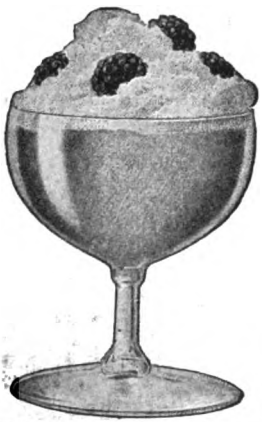
(Made in a Jiffy)

A well-balanced diet is what we all need to achieve much and to maintain good health; these two things are necessary to all of us.

But how are we to maintain good health and accomplish the task before us? One way we cannot do it is on a faulty diet.

One thing that will help towards success and health is a well-balanced diet. Most of us are busy people, and do not have time, perhaps, to think much about food. We don't know whether ours is a well-balanced diet or not.

"Milk is a protective food," according to the best authority. And in saying that he means that whatever element may be lacking in the diet is supplied by taking milk, because it contains every element necessary for the human system.



One pint of milk taken each day as Nesnah Pudding is an ideal protective food.

Nesnah must be made with milk, and it makes taking milk a real joy.

CHOCOLATE NESNAH PUDDING

Heat one quart of milk lukewarm, drop into it one box of Chocolate Nesnah, and dissolve by stirring one-half minute. Pour into individual glass cups and allow it to stand undisturbed ten or fifteen minutes. Place in refrigerator, and when well chilled serve with a little whipped cream.

One ten cent package makes a quart

Six pure natural flavors

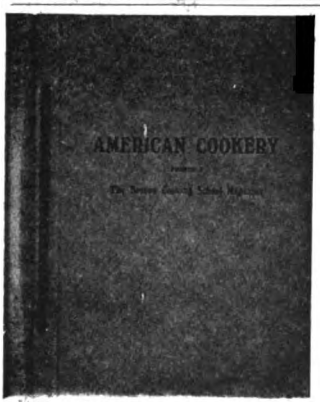
Vanilla Lemon Raspberry Almond Orange Chocolate

A post card will bring you a sample package and a Nesnah cook booklet

Chr. Hansen's Laboratory, Inc.

The Junket Folks

Box 2507 LITTLE FALLS, N. Y.



Practical Binders for American Cookery

We have had made a number of binders in green, red and ecru buckram, appropriately lettered. They are neat, attractive and practical. Each holds conveniently from one to ten copies (a full year) of the magazine.

As there is published in the last number (May) of each volume a complete index, by preserving the magazines in a binder one will have at the end of the year a complete book on cooking and household science always handy for reference.

Sent postpaid for one (1) new subscription to American Cookery. Cash Price 75c

The Boston Cooking School Magazine Co. Boston Mass.

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Miss Alice Bradley ***Principal***

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HOUSEHOLD ADMINISTRATION

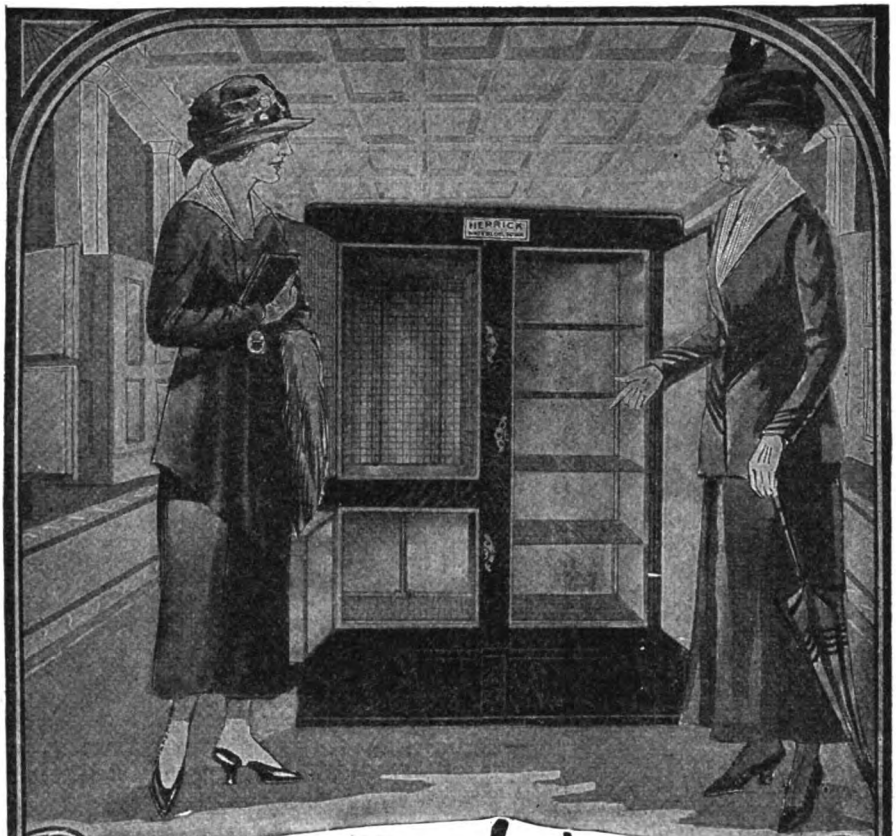
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Experienced users of the Herrick recommend it to their friends because the care and skill used in building this refrigerator insure its ever faithful performance.

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REFRIGERATOR

When you buy a Herrick you buy an enduring, tested service. Maximum ice economy is assured by nine distinct features. Five-point Herrick insulation, purified dry air circulation, airtight construction, these are but a few of the 27 reasons why a Herrick gives longer satisfaction.

Home Builders: Ask for free installation plans for outside icing. See panel for special advantages. Dealer's name and Booklet B-5 on request.

Approved by Good Housekeeping Institute and New York Tribune

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205 RIVER ST., WATERLOO, IA.

Herrick "A Marvel of Faithful Performance."



Outside Icing Convenience can be furnished in any Herrick.

Herrick Outside Icing Refrigerator means:

No ice in cold weather.

No interruptions from iceman.

No muddy tracks in your kitchen.

More space in your pantry.

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Try Loganberry

Our Finest Berry Flavor

Jiffy-Jell comes in ten flavors, but there are four which we wish to urge.

One is Loganberry — made from the juice of these wonderful Oregon berries. We use sixty-five big Loganberries to make the flavor for one Jiffy-Jell dessert. So you get a wealth of this delightful flavor. Each dessert tastes as though filled with Loganberries.



Another Favorite

Another is Pineapple — a delicate flavor which escapes unless kept sealed in glass. We use half a Pineapple to make the bottle of flavor in each package of Pineapple Jiffy-Jell. And you get it, plus the sugar, plus the gelatine, for 12½ cents.

Another is Lime-Fruit flavor, which makes a salad jell, tart, green, zestful.



Lime-Fruit Flavor
For Tart, Green Salad Jell

Serve it with your salad, or mix the salad in before cooling. Use cooked or uncooked vegetables. Or mix in meat scraps and make a delicious meat loaf — meat in aspic.

Another is Mint flavor, made from crushed mint leaves. It makes a garnish jell, rich in fresh-mint flavor. It is far better than mint sauce with roast lamb or cold meats.



Mint
For Garnish Jell

Try These Four

Try these four flavors and judge Jiffy-Jell by them. They will show you the way to countless enjoyments. They will give you an entirely new conception of these fruity desserts and salads.

WAUKESHA PURE FOOD CO.
Waukesha, Wis.

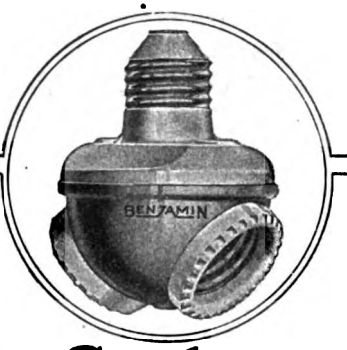
Ten Flavors in Glass Vials

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Benjamin
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gives any electric light socket two outlets. Makes all your electrical appliances easier to use. You need not bother to remove light bulbs. And you can use light *with* appliance if you wish. Millions in successful use. Folder free on request.

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Benjamin No. 2450 Shade Holder enables you to use any shade with your Two-Way Plug. Price 15 cents.
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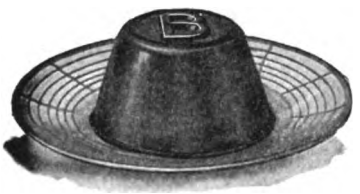
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Experience has shown that the most satisfactory way to enlarge the subscription list of American Cookery is through its present subscribers, who personally can vouch for the value of the publication. To make it an object for subscribers to secure new subscribers, we offer the following premiums:

CONDITIONS: Premiums are *not* given *with* a subscription or *for* a renewal, but only to *present* subscribers, for securing and sending to us *new* yearly subscriptions at $1.50 each. The number of new subscriptions required to secure each premium is clearly stated below the description of each premium.

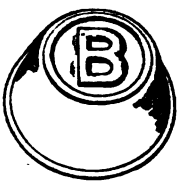
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INDIVIDUAL INITIAL JELLY MOULDS



This shows the jelly turned from the mould

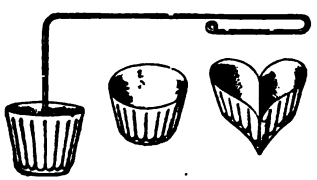
Serve Eggs, Fish and Meats in Aspic; Coffee and Fruit Jelly; Pudding and other desserts with your initial letter raised on the top. Latest and daintiest novelty for the up-to-date hostess. To remove jelly take a needle and run it around inside of mould, then immerse in warm water; jelly will then come out in perfect condition. Be the first in your town to have these. You cannot purchase them at the stores.



This shows mould (upside down)

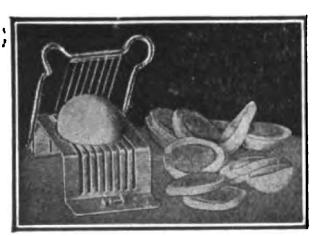
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As illustrated, are used to make dainty, flaky patés or timbales; delicate pastry cups for serving hot or frozen dainties, creamed vegetables, salads, shell fish, ices, etc. Each set comes securely packed in an attractive box with recipes and full directions for use. Sent, postpaid, for one (1) new subscription. Cash price, 75 cents.

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Does the work quicker and better than it can be done in any other way. One will be sent postpaid to any present subscriber as a premium for securing and sending us one (1) new yearly subscription. Cash price, 75 cents.

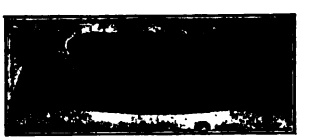
FRENCH ROLL BREAD PAN



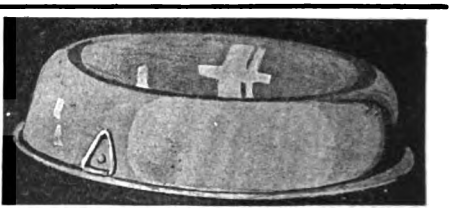
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Best qulity blued steel 6 inches wide by 13 long. One pan sent, prepaid, for one (1) new subscription. Cash price, 75 cents

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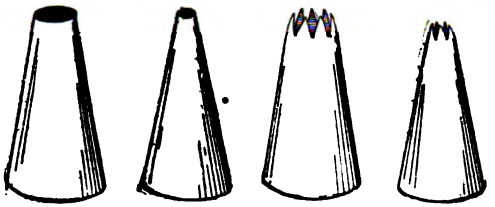
Imported, Round, 6 inch

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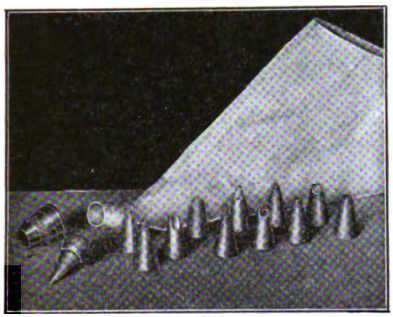


PASTRY BAG and SIX TUBES

(Bag and two smallest tubes not shown in cut)

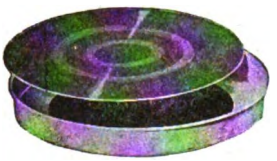
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The belles of forty years ago retained their roseleaf complexions by the use of Ivory Soap. Women today can find no better foundation for lasting loveliness of skin and hair than the continued use of Ivory's thick, creamy, fragrant, refreshing lather.

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For children the making of a Jell-O dessert has almost as many delights as the enjoyment of it later at the table. The transformation from a powder to a brilliant-hued liquid, and then a quivering and sparkling jelly, is magical.

Among the most interesting things that mother does is "making Jell-O."

And, by the same token, nothing is easier for her, and nothing better for dessert could be bought at the cost of

JELL-O

And Jell-O isn't for dessert alone. All kinds of delicious dishes are made for lunch and supper and for all occasions when something particularly dainty and appetizing is desired.

The new Jell-O Book tells about the latest things in Jell-O desserts and salads. It is a beautiful book, full of good things, and will be sent free to any woman who will send us her name and address.

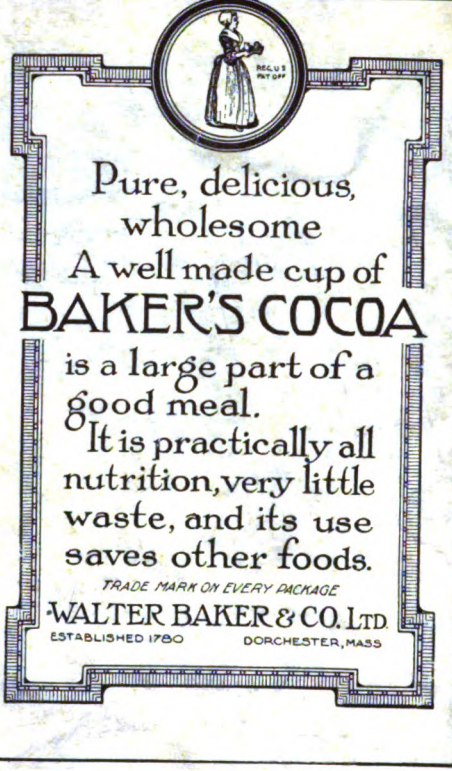
There are six pure fruit flavors of Jell-O: Strawberry, Raspberry, Lemon, Orange, Cherry, Chocolate. **2** for **25** cents at any grocer's.



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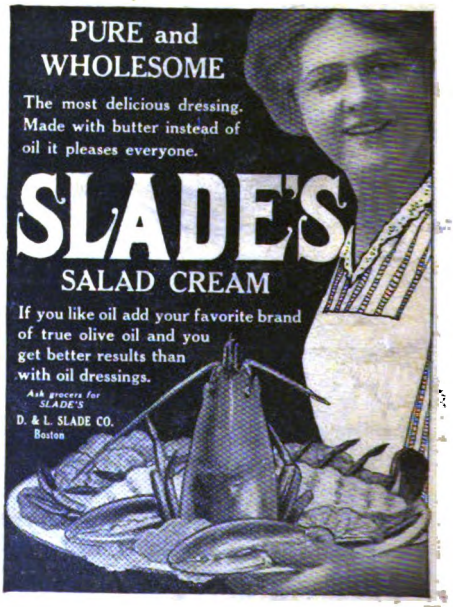


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